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Health Beauty & fitness Pages 18-20

Will Lauren be Miss Vale 2017?

by Andy Johnstone

LAUREN Hipkin, 23, a final-year social work undergraduate from Cowbridge, is one of five young women hoping to be crowned Miss Vale of Glamorgan 2017.

The lucky winner of the county contest will also be in with a chance of taking the Miss Wales 2017 crown in April.

Lauren, a longstanding volunteer with Mencap Cowbridge Gateway club, was a little surprised when she was nominated.

Lauren told The GEM: "The Miss Vale 2017 competition came up as a suggestion on Facebook, and on a whim, I applied.

"Much as I love getting glammed up, because I live on a farm, my life tends to be wellies and the wind in my face, rather than make up, glitz and glam.

"But, like most girls, I love getting made up, and the competition is a great excuse to do that!"

Lauren, who has not entered any competitions before, said she is "thrilled" at the positive responses and support she has received so far.

She said: "One of the great things about the Miss Wales contest is the chance it gives the contestants to do more things for charity.

"The charity supported is 'Beauty With a Purpose' (BWAP), which raises money and donates it to projects and organisations locally and around the world in aid of disadvantaged children."

It has raised more than £500,000 in Wales alone.

CONTINUED ON PAGE 3

Popular charity benefits from church's festive fundraising!

ABOVE (left to right): Katie from Cancer Research Wales; Revd Heather Weddell; Dr Alun Armstrong (church elder and treasury team); Mrs Jane Westlake (chair of Church Council). PHOTOGRAPH by MIKE WILCOCK.

MONEY raised by a Cowbridge church over the festive season has now been handed over to a good cause – with Cancer Research Wales receiving £900!

Revd Heather Weddell, the Minister at Cowbridge United Free Church, explained: "Each year, all the collection from our carols by candlelight service and Christmas morning is donated to a specified charity with a local emphasis.

"This year it was Cancer Research Wales and Hannah Beardmore came along recently to tell people about the charity's work."

The total collected was around £900 and the cheque presentation took place on Sunday, January 8, during the morning service in United Free Church.

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Please keep your letters BRIEF and address them to: The Editor, at Glamorgan GEM Ltd, Craig House, 53 Eastgate, Cowbridge CF71 7EL or email gemeditorial@tindlenews.co.uk

• Letters and e-mails MUST include your FULL address and a contact telephone number.

An email address alone is not sufficient!

We reserve the right to edit all letters. We do NOT accept anonymous mail.

New parking system needs modification

I AM no expert on parking systems but before retiring, my business was responsible for installing complex monitoring systems involved in the processing of strip materials: steel, aluminium and paper.

One lesson I learned early on is that what works superbly in one situation often needs considerable modification to function satisfactorily at another site. Fully automated systems usually have a high degree of success and reliability – it is when people have to be relied upon to enter data that the problems arise – this is what is happening at Barry Hospital.

(Name and address supplied.)

What hope for principles?

BECAUSE the minds of all British children are bombarded with corrosive visual advertising material since birth, one cannot expect that the adults they have become could find a clear grasp of the virtues, ideals or principles discovered by earlier generations.

When Clem Attlee advanced the 'Collective Ethics of Universal Health Care' in 1948, that "All shall care for each" in the NHS, his dream was that eventually, all citizens would take a fierce pride in paying taxes to ensure the health of persons unknown to them, and that society would be bound together by a deep sense of gratitude from those who had received the benefits, towards those perfectly healthy people who had found a worthwhile purpose in their own lives by giving to the care of the sick, in the form of shared taxes.

Citizens who do not experience the reciprocal emotions of pride and of gratitude are not fully alive.

That is how thoughtful people can distinguish an ethical principle, totally different from the many pragmatic, political and opinionated schemes which others devise.

Principles have the power to inspire a higher level of thinking in millions of unprejudiced people, towards a wiser view of human life, and to change the standards by which civilisations are judged.

Only if you can identify principles, can you detect their influence in history.

It must be obvious to everybody – although we have the valuable institution of the NHS to cure the sick – that Attlee's dream of uplifting the moral values of British people is even further from reality than in 1948, because the worship of money – forced upon them by a materialistic media culture – has occupied and dominated the minds and the politics of the population.

Neville Westerman, Brynna.

'MORE CAN BE DONE TO HELP THOSE HIT BY HOSPITAL PARKING FINES'

IN reference to recent letters concerning parking at Barry Hospital, I would like to say that I believe that the implementation of parking controls was botched.

The people visiting the hospital are generally older, have been visiting the hospital for many years and despite all the press notices and signage on site they were oblivious to the new arrangements and so got caught.

When the Hospital Board let the contract they should have insisted that ParkingEye had someone on site to talk to patients as they arrived and showed them the new arrangements.

They didn't do this and patients are paying the price.

Also, the scheme operates via an automatic number plate recognition scheme but the camera does not identify whether the vehicle is using a 'blue badge' space.

A camera overlooking the blue badge spaces would resolve this but would cost ParkingEye money with no prospect of a return.

On behalf of a friend, a blue badge holder, I appealed against the charge and had it waived. The relevant sentence from a very short letter from ParkingEye was 'On this occasion as a gesture of goodwill we will be cancelling this charge.'

I also talked to the 'concerns (complaints)' department at the Hospital Board. They are very concerned about the bad publicity the introduction of the new parking arrangements has caused and they are carrying out a review.

I was told that anyone who has had a charge made against them, whether they have paid it or not can make an appeal and in most cases the charge will be waived or the money refunded.

The difficulty is that a lot of the people who have been caught are older and do not have access to a computer to make an appeal (it's easy to do online so perhaps a family member could help).

The Health Board could help by making available copies of the appeal form at the hospital so that a victim can take the form home, fill it in, and post it to ParkingEye.

I would suggest that the ParkingEye, in view of their incompetent introduction of the new arrangements, should consider waiving all charges levied in the first month of operation and refund the money they have received if they receive an appeal.

I would urge anyone who has been caught by these new arrangements to make an appeal and wish everyone trouble free parking in the future now that the illegal parkers have been chased out!

David Kennett, Barry.

Flaws in hospital parking system?

THE new parking system that has been installed at Barry Hospital, in my opinion, is not correctly run.

There is a camera on the road entering the grounds. When you pass this camera you can be incorrectly deemed parking in the pick-up and drop-off area.

There are no cameras on the disabled parking bays, so that Parking Eye can see where you are, legitimately for up to three hours, for hospital treatment.

I was wrongly accused of being in the drop-off area when I was actually in the disabled bay.

Some residents have received parking fines for wrong reasons. This issue has been raised with the organisers of this system.

The hospital authorities and this company are totally inconsiderate to the residents of Barry, especially the disabled.

P White, Barry.

'Foxes kill, but we should not kill them'

I WAS that person on Boxing Day in Cowbridge who stepped out into the centre of the road and walked up through the market town and approached the Glamorgan hunt with a banner of a painting of a fox and a huntsman.

Why would any human being want to see the return of fox hunting?

Why go back to the days when a fox could be dug from its home only to be chased to exhaustion, and then torn to pieces by the hounds?

What thrill could people get from this?

What right do we have to call ourselves human beings if we allow this cruel act to take place?

Foxes are blamed for many things. Yes they may kill chickens if they manage to get in to a chicken shed, and they may take a sick new born lamb. They also keep the rabbit and rat population down.

They are no different from ourselves. How many of us loaded our shopping trolleys up at Christmas time in greed?

Our wildlife is precious so let us all take care of them. Let them be.

Sharon Richards, Barry.

Dismay at 'dangerous hunt-sab' in Cowbridge

I WAS dismayed to see a 'hunt sab' at the Glamorgan Hunt's Boxing Day meet, departing from Cowbridge.

Ironically wearing what one presumes was a faux-fur hat, the demonstrator waved a white sheet with a mis-spelled message scrawled on it, in front of the horses, which could have unseated the rider – taking part in a legal activity – and caused half a ton of horse to career into the crowd.

One hopes such behaviour will cease before a horse, rider or member of the public is injured.

Alasdair T Forbes, Llantwit Major.

Sea Cadets seeking support

HAVE you made your New Year's resolution yet? If the answer is no, why not consider taking on a challenge in aid of youth charity Sea Cadets?

For the first time, we are thrilled to have places available for a host of charity challenges. The money you raise could make a difference, as 93p in every £1 that we receive goes directly to our work with young people. Sea Cadets helps 14,000 10 to 18-year-olds, in 400 areas across the UK, to see the world with confidence, to develop self-belief and skills for life.

The charity's challenges are a team effort between you and us; we offer you support as you prepare and train for your challenge, while you will be helping thousands of young people across the UK through your fundraising.

We have sporting challenges available such as the Prudential RideLondon and the Royal Parks Half-Marathon, both designed to push you to the limit.

The Snowdon Triple Challenge awaits those who fancy a tough and exciting multi-activity trial, while aspiring sailors may enjoy a day on the Solent with our Maritime Industry Regatta.

If you would like to make a trip abroad, take a look at the Zambezi River Challenge. Not one for the faint-hearted, you will paddle your way along the border with Namibia, Botswana and Zimbabwe, heading for Victoria Falls where you will raft the most tempestuous rapids in the world.

If you are interested in any of these challenges and would like to help raise vital funds for Sea Cadets, please email events@ms-sc.org.

Martin Coles, CEO, Sea Cadets.

Give thanks to Y Bwythyn

MONTHS ago, I had not heard of a place called Y Bwythyn – it is the hospice attached to Bridgend's Princess of Wales Hospital where patients go for symptom relief and end-of-life care.

My husband had prostate cancer for nine years, but became seriously ill during the last year. He spent weeks in wards seven and eight in the hospital and was very well cared for, but his medical needs became too great for him to remain there.

I had hoped to nurse him at home and had everything prepared. Unfortunately, this was not possible.

Y Bwythyn has only eight beds but, fortunately one was available.

The care he received there was exceptional and I cannot praise the staff enough.

As a community, we should make every effort to support Y Bwythyn in every way.

Mavis Lewis, Broughton.

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HIGH TIDE TIMES

(UNTIL JANUARY 19)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 – 25 minutes later.

DATE	Time AM	Ht M	Time PM	Ht M
12 Thur	05.55	9.4	18.18	9.5
13 Fri	06.44	9.6	19.09	9.7
14 Sat	07.28	9.6	19.55	9.4
15 Sun	08.13	9.5	20.36	9.4
16 Mon	08.52	9.3	21.17	9.1
17 Tues	09.34	9.0	21.56	8.8
18 Wed	10.14	8.6	22.38	8.4
19 Thur	10.57	8.2	23.23	8.0

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

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The competitors with chef Andrew Huddart and Rotary Club President Steven Blackman.

No Gregg Wallace... but touch of the Masterchefs at Comprehensive School!

The winner Hope Wilkinson receiving her certificate from Rotary Club president Steven Blackman.

SIX aspiring young chefs felt the heat in the kitchen at Cowbridge Comprehensive School on Monday, January 9 as they battled for a place in the next round of the Rotary International Young Chef competition.

They were not only trying to outperform the other competitors but were also under time pressure as they created, in just two hours, an appetising three-course meal for two with a total ingredient cost under £15.

The overall winner was Hope Wilkinson, who prepared the following menu:

Starter – Warm scallops, prawns, squid and mussels in lemon butter and parsley sauce.

Main – Pan-fried duck with mango salad and fondant potatoes.

Dessert – Chocolate Tiramisu with shortbread biscuits.

Edward Thomas was the runner-up. The other competitors were Joseph Cox, Lewis Jones, Hollie Oakman and Gabriella John. Certificates and prizes were presented by the president of Cowbridge Rotary Club, Steven Blackman.

Hope Wilkinson will go forward to the next round of the competition against other schools in the area.

The costs of the competition were sponsored by chef Andrew Huddart and each competitor received a gift token, courtesy of Arthur John & Co Kitchen Shop.

The competition judge Andrew Huddart said: "Everyone in the competition showed a passion and knowledge of food and it was a difficult task to choose the winner."

Kath Mallows, head of design and technology at the school, added that: "This Rotary competition gives an excellent opportunity for pupils to show their capabilities under pressure."

The Rotary Young Chef competition was created to give young people across Great Britain and Ireland the chance to display their creative talents with food while discovering the importance of healthy eating.

The Cowbridge Rotary Club would like to thank the sponsors, and Cowbridge Comprehensive School for their support.

If you would like to know more about Rotary International and its youth programmes, contact Rotarian David Harris on 01446 796676 or e m a i l membership@cowbridge.rotary1150.org.

RJW

A hunch proves incorrect...

FOLLOWING the article on Cowbridge History Society's new publication, *Cowbridge: an Historical Medley*, in last week's GEM, the society received some correspondence complaining about the use of the phrase 'Richard Hunchback' to describe King Richard III.

I would like to reassure all potential readers that nowhere in my essay on Anne Neville is her husband Richard described as a hunchback.

The discovery of the king's bones revealed that he suffered from a severe spinal deformity called scoliosis, not from the condition called kyphosis which we normally associate with so-called hunchbacks; however, such a distinction would have been meaningless to his contemporaries.

The fact that my essay comes first in the book does not make it in any way superior to the other essays, which cover the full chronological span of Cowbridge's history and a variety of topics. I would like to thank Cowbridge with Llanblethian Town Council for supporting the launch, which was presided over by Professor Chris Williams of Cardiff University.

Deborah Fisher, Colwinston.

For the latest stories and breaking news... glamorgan-gem.co.uk

Cowbridge Art Society 2017 programme

ON Thursday, January 19, Cowbridge Art Society starts its 2017 programme with a demonstration of mixed media techniques by local artist Glyn Pooley and on Thursday, January 26, National Museum of Wales curator Dr Clare Smith will give an illustrated lecture on Welsh portraits.

The society welcomes artists of any level, as well as non-artists who would like to see demonstrations of various art techniques or attend illustrated lectures on art topics.

We meet on Thursday evenings at the Old Hall, Cowbridge (7pm–9pm) and occasional visitors and new members are most welcome.

For details of the society's programme and activities see *www.cowbridgeartsociety.com* and *www.facebook.com/cowbridgeart.cas/?ref=bookmarks*.

For more information on Glyn Pooley, visit *glynpooley.co.uk*

Bridgend man in stable condition after collision

A 47-YEAR-OLD man from Brackla, Bridgend remains at the University Hospital of Wales with serious but non-life-threatening injuries following a collision near Pant Quarry.

Emergency services attended the road traffic collision involving two vehicles on the B4265 near Pant Quarry, St Brides Major.

The road was blocked to allow services access to the scene and to help enquiries.

The accident involved a black Fiat 500 and a green Renault motor car.

Investigations are continuing, and any witnesses who have not yet given their details to police are urged to do so via 101, quoting occurrence 1700010646.

New 'Vale Stroke Support Group' to be launched in Llantwit Major

by GEM REPORTER

THE Vale Stroke Support Group is meeting in Llantwit Major for the first time on Tuesday, January 17, at Llantonian Hall (2pm to 4pm).

The new initiative is thanks to a bequest made to Llantwit Major and Cowbridge Lions by a Vale resident who wanted more support for victims of strokes.

Liz Evans of the Lions explained: "The meeting is for people who have suffered strokes, members of their families or carers.

"There has been no support group in the Vale. Having a stroke is a frightening experience. Some people can beome isolated. Meetings will be an opportunity for people to share their experiences.

"The first one will be a social occasion with tea and cake and we can discuss what people would like to see the group do in the future.

"If people are struggling for transport, don't worry you can get in touch with me and we will help. Over time, we hope the group will build up."

Liz can be contacted on 07507 480620.

LAUREN AIMS TO BE MISS VALE

Lauren with members of the Gateway Club.

CONTINUED FROM PAGE 1

One of Lauren's next fundraising events will be a coffee and cake morning on Saturday, February 18, at Penllyn Village Hall, near Cowbridge, from 11am to around 1pm.

Lauren is no stranger to helping people. Aside from her voluntary work with Mencap and her studies, she is on a work placement supporting older children, which has sparked interest in potential future projects. These include canine therapy for young offenders following a model similar to equine therapy.

"That's my ultimate goal," she added.

The journey so far has also taught Lauren to embrace new challenges, a 'one-life, live-it' philosophy.

I have had such fun and made such good friends [with the other finalists] because I though: 'Yes, why not?' and applied for Miss Wales."

For more information, and how to vote, visit *www.misswales.co.uk*.

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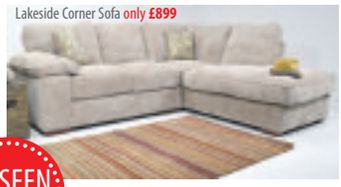
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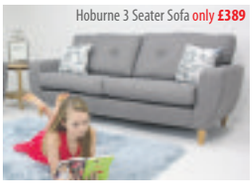
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The sun shines as Boxing Day daredevils take to the waters of Whitmore Bay

PHOTOGRAPHS by ANDY WICKS
Telephone 07855 374478

THERE may have been bright sunshine on Boxing Day for the swim organised by Barry Lifeguards – but that didn't make the water any less cold!

There was an excellent turnout, with a combination of fancy dress, wetsuits and, for the toughest, summer swimming costumes.

The event gave a welcome boost to some of the local businesses, as both swimmers and spectators made a beeline for local cafes, looking for something to warm them up.

Many of the swimmers were back again within the week, taking part in the New Year's Day Swim.

Happy New Year, good morning and good night with the Glamorgan Hunt!

PHOTOGRAPHS by GLYN EVANS

OTHER PICTURES ARE AVAILABLE FROM THIS EVENT.

Pictures can be purchased by contacting:

E-Mail: ffotoimage@tiscali.co.uk
Telephone 07791 228684
www.ffotoimage.co.uk

STARTING off from Cowbridge the traditional New Year's Day meet of the Glamorgan Hunt took place on Monday, January 2.

Generally a smaller hunt than on the Boxing Day meet, some 50 riders of all ages mustered near the Duke of Wellington pub in crisp sunshine and to hearty applause from the crowd lining the high street.

Mounts, hounds and mounted followers were, as ever, all immaculately turned out.

Colwinston and Llysworney WI

PRESIDENT Liz welcomed everyone to the first meeting of 2017.

A spokeswoman reported: "The members signed up for the theatre outing, a trip to the Royal Mint and a church service that the WI will take part in on March 5 in St Michael's Colwinston.

"The six resolutions that have been put forward were discussed and voted upon. The results will be collated at national level and one of the resolutions will go before the national AGM in June.

"Carol Brown from Colwinston, a dance teacher and choreographer then taught us several dance moves. Everyone performed a Welsh country dance, ballet, Caribbean and Egyptian dancing, amid much confusion and laughter. It wasn't much like 'Strictly', but the evening was enjoyed by all."

Family's touching tribute to 'Morgie' as fundraisers support teenager's family

The family of Morgan Ackerman, who died on the night of January 4 at the University Hospital of Wales following a collision in Barry, have paid a loving tribute to him.

They said: *"Morgan, or 'Morgie' as he was known to his family, was such a wonderful boy. He was loved by absolutely everybody who knew him and he touched so many people with his infectious personality.*

"He was always joking and always saw the best in every situation.

"It is not an understatement to say he was life and soul of wherever he was and he loved to make people smile. He would constantly tease his older sister Elle by winding her up, but then would always make her laugh afterwards.

"Morgie was such a caring young man, and to give an example, he recently treated the whole family to breakfast on his wages from his part time job – that was the type of boy he was.

"He was so giving and thoughtful and we'd almost go as far as to say a 'mummy's boy'.

"He was so loved by all of his family and friends and he has left such a massive hole in everybody's heart. He is going to missed by everybody whose life he touched in his 16 years in this world."

Morgan was in collision with a white Skoda Octavia taxi at approximately 10.30pm on Tuesday, January 3, 2017, on Barry Road, opposite its junction with Llewellyn Street.

Morgan with his mother Leanne.

He was taken to hospital with severe injuries and died in hospital on Wednesday night, January 4.

Officers investigating the incident would still like to speak to anybody who witnessed the collision, who saw a group of male pedestrians prior to the collision walking along Barry Road, or who stopped to provide assistance.

They would also like to speak to anybody who may have seen the vehicle being driven prior to the collision and who have not yet given their details.

Witnesses are urged to contact the South Wales Police Serious Collision Investigation Unit on 101 or Crimestoppers anonymously on 0800 555 111, quoting ref 1700003606.

Local people wanting to support Morgan's family at this time have set up a fundraising page, and the response has been phenomenal.

A target of £4,000 was set and by Tuesday, a total of 222 people had made donations and the total was standing at £3,660.

For those wishing to donate, the link to the page is https://www.justgiving.com/crowdfunding/theglamorgan-suite/coverphoto

Brain injury charity gets major boost from the Barry Island New Year's Day Swim!

Images by
ANDY WICKS
Telephone 07855 374478

THERE was a great turn out on New Year's Day for the Barry Island Swim.

Photographers backed into the water as they waited for the massed charge towards them – all looking for a great action shot.

Some swimmers take to the water for fun, but many were using the opportunity to raise money for charity through sponsorship.

One charity to benefit was Headway – which works to help people with brain injuries.

A spokeswoman reported that supporters of Headway had raised more than £1,300 on the day!

(See more on this story in next week's GEM).

HEADWAY CHARITY BENEFITS FROM ISLAND NEW YEAR SWIM

Zalehka and her brother.

Zalehka's mum and brother.

DESPITE the drizzle, hundreds of swimmers and supporters turned out for the traditional Barry Island New Year Swim.

Headway Cardiff, the charity supported by the event this year, had a successful time raising, in total, over £1,300 including £699 from the beach and promenade collection.

Zalehka Price-Davies, 28, from Penarth, and all her family came along to support the event either by swimming or collecting.

A year ago Zalehka suffered a major brain injury following a fall down some steps.

Her life, and the life of her family were turned upside down. Despite needing a stick to balance and suffering anxiety in crowded and noisy places, Zalehka volunteered to collect while her family, including her mum, all went into the water.

Zalehka explained: "I hit rock bottom after my brain injury, but Headway and all the great friends I have made there have helped me begin to rebuild my life."

Fundraiser Gill Peace added: "The atmosphere was great and everyone was very generous.

"Thank you to everyone who organised the event as well as all the swimmers and their supporters for making it a success."

Donations to Headway Cardiff can be made through Mydonate at: mydonate.bt.com/events/barryswim2017/384512

The kindness of strangers

EARLY evening on Friday, January 6, my wife found herself with a major puncture on the rear of the car, rendering it undriveable, on Millennium Way, Barry.

We would like to say a big 'thanks' to the two gentlemen who came to my wife's rescue and changed the wheel for her in the pouring rain, unlike the youngsters that passed in cars jeering and shouting at my wife's misfortune.

Thank you both.

Ron and Kathy,
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Public invited to Holocaust Memorial Day

THE six million Jewish victims of the Holocaust during Work War Two will be remembered when Bridgend County Borough Council (BCBC) marks Holocaust Memorial Day with a public event on Friday, January 20.

In partnership with Bridgend College, annual commemoration in the Sony Theatre at 10.30am, will also remember the victims of genocides in Cambodia, Rwanda, Bosnia and Darfur.

"For the first time in several years, members of the general public are being provided with the opportunity to attend the commemorative event. In total there are 100 seats available, which are being offered on a first come, first served basis, and will need to be pre-booked," a council spokeswoman said.

"This year's Holocaust Memorial Day theme is 'How can life go on?' asking people across the world to think about what happens after genocide and of our own responsibilities in the wake of such a crime."

BCBC's special guest will be Antoinette Mushimiyimana, a survivor of the 1994 Rwandan genocide, where approximately one million Tutsis and moderate Hutus were murdered in just 100 days.

Aged only 11 when the genocide took place, Antoinette will talk about how life can go on. Today, she is an active advocate of reconciliation and justice – her focus being on creating peaceful environments in every society.

The traditional seven statements of commitment will be read out, plus a candle of remembrance will be lit by the Mayor of Bridgend county, Coun Reg Jenkins.

'Community representatives' will read poems, and the life of Holocaust survivor Elie Wiesel, who died last year aged 87, will be recalled.

This year, students from Bridgend College will compère the ceremony, as well as provide a special performance to close the event. Invited guests to 'represent a wide cross-section of the community' will include the police, religious and community groups, politicians, schools and college students.

BCBC's Leader, Coun Huw David, said: "Marking Holocaust Memorial Day is extremely important to the council, as we commemorate victims, honour survivors and commit to tackling prejudice, discrimination and racism that exists in the present day.

"This year, we have decided to allocate a certain number of seats to members of the public, recognising that many people have a connection to the Holocaust, or at least World War Two, and therefore may have an interest in attending.

"We also place great importance on people learning about subsequent genocides in Cambodia, Bosnia, Rwanda and Darfur, so we are extremely fortunate to have secured Rwandan survivor, Antoinette Mushimiyimana."

'TIDAL LAGOONS' PRESENTATION

A MEETING of Barry and Vale Friends of the Earth (FoE) on December 6 featured a presentation by Joanna Lane on plans by Tidal Lagoon Power.

Its Swansea Bay project would be followed by the bigger Cardiff-to-Newport lagoon.

The company has built up a strong team. It started with seven and now has 70 staff and university-based study projects are underway.

The Swansea Lagoon has passed through approval processes, but finance is a big problem. It requires a higher price than Hinkley Point-C nuclear electricity (£146/MWh compared with £90) and could reduce to £90/MWh if subsidy is guaranteed for 140 years (compared with 40 years). The company argues that its operational lifetime could be 140 years!

A tidal lagoon at Cardiff would utilise the higher tidal range and having twice the area could deliver much more power than Swansea, but costs are far above the £10/MWh of normal renewable energy.

The Cardiff project has much greater difficulties, with severe currents at the access to Cardiff Docks and the barrage. There is the additional issue of the Rhymney River discharging into the bay. It must also meet requirements for creating habitats to compensate for mudflats that are bird feeding grounds.

Instead, they are considering a programme of 'ecosystem enhancement'. The Government response on the scope of studies sets quite tough requirements.

Joanna concluded by saying they will start public engagement next May, but are willing to address groups and further meetings from now on.

A new report by Natural Resources Wales finds the Swansea Bay Tidal Lagoon could cause many more salmon and sea trout deaths than thought. Similar considerations for Cardiff would show effects on fish are still more serious.

I am trying the 'WhatDoTheyKnow' site to ask the First Minister to justify his very positive statement on the Cardiff Lagoon and tidal lagoon power in general.

MAX WALLIS (LOCAL FOE)

Balance classes back after break

'STRENGTH and balance' classes are again being held in Barry to help prevent falls in older people.

The classes, which took a break during Christmas, are held at Margaret Alexander Community Centre and are run by a specially-trained instructor for Cardiff and Vale Health Board.

They are held every Monday 2pm-3pm at Margaret Alexander Community Centre, Alexandra Crescent, Barry, CF62 7HU and cost £3.50.

PACT meetings

GIBBONSDOWN – meet your local neighbourhood team at Aberaeron HUB, Aberaeron Close, Barry every Monday between 10am and 12 noon.

BUTTRILLS surgery will be held at Barry Library on Tuesday, January 17 between 10am and 12 noon.

GIBBONSDOWN PACT meets at the Residents Board Office on Tuesday, January 24 at 10.30am.

LLANDOW Ewenny Coffee and Chat will take place at the Victoria Inn, Sigingstone, near Llandow on Tuesday, January 24 at 11am.

VALE MP's VIEWPOINT

Community heroes who make Vale so special

Welsh Secretary **ALUN CAIRNS** reports to GEM readers

AS the MP for the Vale, I have the great privilege of meeting those across the county who are involved in every kind of sports club, good cause and charity group.

Week in, week out, I see the positive effect of voluntary work in organising Scout groups, community fetes and coffee mornings.

I see the money raised for a local charity at a bake sale, the personal development a child gets as a Sea Scout, or the boosted quality of life an older person enjoys through membership of Barry's popular Friends and Neighbours group. These are significant benefits, but are only half the story.

The cumulative, meta-benefit to our communities is profound and difficult to quantify. This is what I like best about the Vale, the cohesive communities created through innumerable, often organised, acts of goodwill and social engagement.

This was even more evident at Christmastime. At the Barry High Street light switch on this spirit was on full display with local traders raising money for charity, for visits to lonely, older people and providing good fun and seasonal cheer to many hundreds of people.

It has been on display at the many concerts, nativity plays, fairs and brass band recitals that have been bringing joy to so many, including myself, over the last fortnight.

People from the Vale, surrounded by so many others who do so much to organise these events at Christmas and throughout the year, may take for granted the enhanced goodwill that exists here.

These networks of interaction, the indefinable sense of local solidarity and common identity present in our neighbourhoods, are however, precious and increasingly less common in the modern world.

Living in London for much of the week, I can see first-hand what's known as 'atomisation', the social separation from those who live around you. It is refreshing each and every week to come back to a place where the focus of life is the community, rather than the individual.

Many would suggest that my description of the Vale's community spirit could fit all areas similarly without large transient populations of young professionals, students or migrants. There is however, a turbo-charged sense of community here that homogenous demographics alone cannot explain.

It is because we are peculiarly blessed with a large number of community heroes, the volunteers who work so hard within churches, community centres and everywhere else to bring people together and whose work makes this place special.

My New Year message is thank you, and have a happy 2017.

Vale Africa charity establishes 'flash mob'

LOCAL charity Vale for Africa has succeeded in securing a grant to enable it to establish its own 'flash mob' volunteer force.

The organisation has been awarded £996 from a grant scheme run by Hub Cymru Africa and Welsh Government, the chairman Gareth Kiddie explained,

He said: "As a small charity, we organise an annual programme of fundraising events to support our project work in Africa. This year we are organising a barn dance, a mass choir event and a summer party.

"To ensure these events run smoothly, we need additional volunteers to be on hand to help us out on the day. We are not looking for a huge time commitment, just occasional support."

The grant will be used to provide branded T-shirts for all volunteers, event banners and promotional materials.

Gemma Hicks, the charity's secretary said: "We are deeply grateful for the grant. It provides us with the boost we need to help raise the profile of Vale for Africa.

"Our charity relies on the fantastic generosity of the people of the Vale to help fund our projects, but it is our volunteers who enable us reach out to the public.

"The next fundraiser is a 'bag-pack' event being hosted by Tesco's main store in Barry on January 28.

"We are hoping that our new flash mob will spring into action. Come and join us!"

Established in 2009, Vale for Africa has gradually grown its project portfolio that focuses on the Tororo district of Uganda.

This year's programme of work includes several healthcare initiatives and projects to support education and literacy.

All of the funding raised through the charity's events is channelled into these initiatives.

If you would like to join Vale for Africa's flash mob, contact gareth@gka.org.uk or call 07984 127811.

Local causes sought for funeral home support

PENARTH Funeral Directors (PFD) donates money to a different charity each month.

This is given with gratitude and in recognition of the support shown to them by the families of Penarth and the Vale as PFD continues to celebrate its 30th year of providing funeral care services.

In the past six months, the Hickman Road-based funeral home has donated to Kidney Wales Foundation, Ty Hafan, RNLI, Latch, the Royal British Legion and the Salvation Army. The chosen charity for January is the Cardiff Dogs Home, and further donations are planned for the British Heart Foundation, Marie Curie Cancer Care, Diabetes UK, the Alzheimer's Society and Help for Heroes.

PFD is now looking for six other causes to complete the remainder of 2017.

The company is asking readers of The GEM to suggest a local or Welsh charity that they feel should be the recipient of a donation.

Call 02920 703581, emailing enquiries@penarthfuneraldirectors.com or drop a note into Penarth Funeral Directors, 30 Hickman Road, Penarth, CF64 2AL with your details and why you are nominating your chosen charity. PFD will announce the successful charities at the end of January.

Cough warning

PEOPLE in the Vale have been told to 'self-care' if they are experiencing a persistent – up to three weeks – cough and cold.

GPs have reported a 'high number' of people suffering from a persistent, hacking cough, but stress there is little a doctor can do in cases of such a virus. They point out that antibiotics will have no effect on viruses.

However, Barry GP Dr Anna Kuczynska said: "Unless the patient has another underlying condition such as heart or lung disease, or diabetes – there is often nothing a doctor can do except recommend rest and plenty of fluids."

UHB recommends that the public, instead of visiting their GPs or hospital, should make use of the NHS Direct Wales 'symptom checker', their pharmacist, or optician.

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WINTER ROLLS IN FOR PHOTOGRAPHIC CLUB

Premature retaliation.

Wild ponies.

THE beginning of December was marked by the end of the glorious autumn colours that had stimulated many of our members to get outside and take full advantage of some wonderful photographic opportunities.

Christmas celebrations meant we had just three meetings last month, starting on December 2 with our third internal competition since September.

There were lots of entries for all four sections, but once again prints outnumbered digital images by a good margin.

Mick Rogers won the colour print section with *Timewarp*, a stunning image that looked as if it had been taken 50 years ago.

Mike Davies topped the leader board for black and white prints with a much more up-to-date sporting shot, while Nick Craddock's timeless image of wild ponies was an easy winner in the digital colour section.

Our second meeting of the month provided something new for the club. Earlier in the year we had exchanged a selection of digital images with Islesburg Photographic Club, which meets in Lerwick in the Shetland Islands.

Our members critiqued the prints that were sent to us and on December 9 it was our turn to receive and discuss Islesburg Club members' observations and assessments of our images. The evening produced so much lively discussion that we overran our time.

By popular demand, Nick Craddock produced another wide ranging photographic quiz for our final meeting of 2016 and with guests together with an overflowing buffet table we ended the year in style.

The club meets at Ystradowen Hall at 7.30pm on Friday evenings and beginners, intermediates and experienced photographers are welcome. For details go to www.vale-photographic-club.co.uk/programme.html.

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Finally, and perhaps most importantly, the cost of a holiday to Bulgaria offers exceptional value for money, especially with Balkan Holidays, the UK's leading tour operator to Bulgaria.

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A modern-day pilgrim's progress

STEVEN PAYNE wore clothes in the style of a 14th-century pilgrim on his visit to St Cadoc's Church, Llancarfan, on New Year's Eve.

His food and medical kit were also from the period. Steven's pilgrimage of 210 miles took 12 days and, approximately, followed the course that St Brendan took down the River Wye for around the first 40 miles, then navigating it in a coracle for about 110 miles, followed by a 60-mile walk to finish at the site of St Cadoc's Monastery, Llancarfan.

St Brendan came from Iona and visited the monastery at Llancarfan. Starting at Plynlimon, he visited Llangurig, Llanwrthl, Erwood, Bredwardine, Belmont Abbey, Mordiford, Ross-on-Wye, Monmouth. Tintern, Caerleon, Cosmeston (via Cardiff), and finally his destination – Llancarfan.

He slept in the open and carried a coracle, which he used to navigate the River Wye, where his coracle capsized.

Canon Derek Belcher, the parish priest, greeted Steven and gave him a blessed hand cross as a reminder of his pilgrimage.

Canon Derek said: "Steven told me about the various homeless people he had met on his pilgrimage. I was touched by the sincerity and spiritual dimension of Stevens' pilgrimage that walked in the steps of St Brendan.

"Our faith reminds us that we should be more open to talking to and helping those who need compassion and help."

Steven has a Facebook page where you can find out more about him.

St Cadoc's Church is open every day and provides a warm welcome to everybody.

Canon Derek said: "The medieval paintings are a great joy to behold and reflect on."

Canon Derek Belcher (left) with Steven Payne at St Cadoc's Church, Llancarfan.

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Stonewall awards 'Diversity Champion' status to ABMU

Calon founders Emma Walters, Mitchell Jones and Matthew Haynes.

LGBT charity Stonewall has awarded ABMU 'Diversity Champion' status.

ABMU has been listed in Stonewall's LBGT careers guide 'Starting Out', for the first time.

The 2016-17 guide highlights UK employers that are recognised as diversity champions for being LGBT (lesbian, gay, bisexual and transsexual) inclusive.

Calon, the health board's LGBT+ staff network, was set up in February last year and since its formation, the health board has signed up for the Stonewall Workplace Equality Index.

This will assess progress on LGBT+ equality in the workplace and compare ABMU with other organisations.

Calon was founded by Mitchell Jones, Emma Walters and Matthew Haynes, who said they were delighted ABMU had made the Starting Out list.

Mr Jones said: "It sends the message that we are LGBT friendly. We're someone that champions equality. We believe in equality as an organisation, it's something we strive for.

"Anybody who wants to start a career in healthcare will be able to look at this and can see that we're there flying the flag."

RAMBLING CAERPHILLY

JUST eight days gone and the Vale Ramblers have already completed our third walk of 2017!

Those New Year's resolutions are proving fruitful; we had a fantastic turn out of 31 enthusiastic Vale Ramblers this Sunday on a great circular walk starting from Castell Coch and continuing up through the surrounding woodlands in the direction of Caerphilly.

We looped back over the peak of Craig yr Allt, where we stopped for lunch while enjoying amazing views over Cardiff, the Channel, the Beacons, Caerphilly and the ever-present 'Old Smokey'.

The walk was just over seven miles with a sting in the tail towards the end, a long pull uphill before the last descent into the castle grounds. The Forest Tea Rooms welcomed us for tea and cake before taking our well-exercised selves home.

Please join us if you would like to get out walking, it's a wonderful way to start the new year. Our full programme of walks can be found on our website www.valeofglamorganramblers.com.

Next week, the Waterfalls near Ystradfellte will be our destination. Car sharing from Cowbridge Town Hall Car Park, ready to depart at 9am. **JB**

The BIG Volunteering Fayre offers a new adventure...

GLAMORGAN Voluntary Services (GVS) will be hosting the BIG Volunteering Fayre on Wednesday, January 18 from 11am – 4pm at Barry Memorial Hall.

A spokesman explained: "Come along to the BIG Volunteering Fayre to embark on a new adventure as a volunteer and open up a world of opportunities.

"There will be a selection of volunteering opportunities promoted, including: mental health, substance misuse, health and social care, fundraising, administration, first aid, community libraries, driving, youth work, children and families' support – and more…

"Volunteering is a big part of life in the Vale of Glamorgan; it's a good way to get to know your community better, meet new people, and gain new experiences. You'll also boost your chances of finding paid work."

If you would like to attend just come along on the day and a warm welcome is guaranteed. For all enquiries, please contact GVS, telephone 01446 741706; email: enquiries@gvs.wales; website: www.gvs.wales, Registered Charity No. 1163193.

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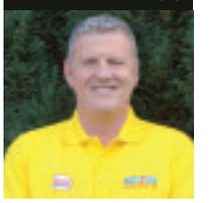
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Bowie keeping an eye out for his new owners

Bowie (Ziggy Barkdust).

IT'S a well-known superstition that Friday the 13th is thought to bring bad luck, but staff at Dogs Trust Bridgend are hoping that it will be a lucky day for Bowie, who has been overlooked by hundreds of potential new owners because of his different coloured eyes.

The three-year-old Lurcher cross has been at the charity's rehoming centre in Bridgend since November and staff are hoping that fate will be on his side on one of the unluckiest days of the year to finally find a good home.

Bowie loves being around people so he would prefer owners who are around during the day.

He has bundles of energy, so owners who can offer off-lead exercise and keep up with him would be ideal.

Call Dogs Trust Bridgend on 0300 303 0292.

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JETTISON THE JANUARY BLUES WITH JACI'S ART!

by Andy Johnstone

Jaci Harries.

ARTIST Jaci Harries, Cowbridge born, but now living in Barry following life in Cardiff, Brighton and Essex, is holding an exhibition of her more recent works at the Old Hall in Cowbridge.

This is not, however, the first exhibition for Jaci.

The former teacher, who has painted throughout her life, also held one in early 1991 – and it was reported in an earlier incarnation of The GEM!

Said Jaci: "Since retiring, I have had more time to devote to painting.

"My subject matter varies a good deal," she explained, and a glance at her muse 26 years ago gives a hint of that.

In that painting it was beefily-proportioned rugby players and well-rounded people which still feature in her work.

"I love painting people," said Jaci, whose canon also includes landscapes and how they change through the seasons.

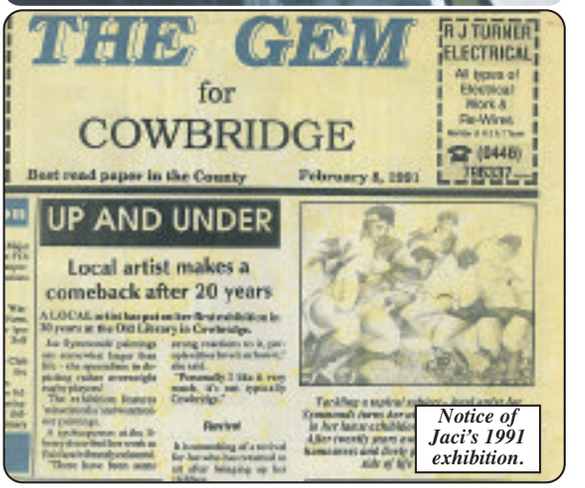
Some artists are notoriously coy about their methods. The ebullient Jaci, however, is not in that camp.

She said: "When I paint, I sometimes smile or even laugh out loud at the ideas that pop into my head."

Jaci hopes the exhibition of her work will similarly make the viewer smile, and banish the January blues, adding that whatever one's taste or preference, there is "...something for everyone to lift the spirit."

Jaci's exhibition opens at 7pm on Friday, January 13 at the Old Hall, Cowbridge.

A coolly moonlit landscape.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Local artist makes a comeback after 20 years

Notice of Jaci's 1991 exhibition.

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All things considered, once you've made the decision to go ahead, it could take three or four months before you can put your feet up and enjoy your new room. However, having invested the time to design, plan and build it properly we think you'll agree that your new conservatory or orangery will be more than worth the wait!

Walking aids 'amnesty' announced

FORMER patients of Cardiff and Vale University Health Board (UHB) are being asked to return walking aids they no longer need.

The amnesty aims to not only reduce waste, but also to save thousands of pounds.

A spokesman for UHB said: "After an injury or operation, many aids, such as a frame or crutches are no longer needed and are left in garages and attics to gather dust.

"If unneeded equipment was returned, it could be refurbished and reissued to someone else, saving money as well as reducing waste."

UHB issues more than 10,000 walking aids a year, but only one in three is returned, although one in four is refurbished and reissued to someone else, saving the health board nearly £20,000 per year.

Robert Skellett, physiotherapy walking aids technician for Cardiff and Vale UHB said: "We are asking people to return any walking frames, crutches and three- or four-wheeled walkers that they have been loaned from the hospital or from a community service.

"Working together with the public, we can refurbish more equipment for reuse, and help reduce waste and save money.

"If everyone shared this message with their friends and family and we could pull together and make a real difference, so why not make it your New Year's resolution?"

Walking aids can be returned to one of these locations: Whitchurch Hospital Outpatient Physio Department (free parking and easy access to the department);

• University Hospital of Wales Physiotherapy Department/Fracture Clinic or Emergency Unit/Concourse, ask at Reception;

• University Hospital Llandough CAVOC Reception/Physiotherapy Department;

• Cardiff Royal Infirmary Physiotherapy Outpatient Department;

• Barry Hospital Main Reception.

If you require any further information, contact Rob Skellett on 02920 746933 or Jade Coleman on 02920 742643.

If you wish to return any other medical equipment as well as walking aids, call Cardiff and Vale UHB Joint Equipment Store on 02920 873669 for the north and east of Cardiff and 02920 712555 for the south, west and the Vale areas.

If you wish to return a wheelchair please call the Artificial Limb and Appliance Service on 02920 313905.

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RNLI PLANS AHEAD FOR NEXT SUMMER ON LOCAL BEACHES

RECRUITMENT has opened in Wales for this summer's crop of beach lifeguards and face to face fundraisers for the RNLI.

Successful applicants for beach lifeguard roles will receive world class training in search and rescue, lifesaving and casualty care techniques, as well as boosting their CVs with invaluable skills.

Recruits will also be trained in using the latest lifesaving equipment including rescue boards, rescue tubes and defibrillators.

The RNLI will be operating a lifeguard service in partnership with local councils and land owners in the Vale, Porthcawl, Neath Port Talbot, Swansea, Carmarthenshire, Pembrokeshire, Ceredigion and Denbighshire in 2017.

Matt Jessop, RNLI lifeguard supervisor for Denbighshire, north Wales, said: "I think working as a lifeguard has got to be one of Britain's best summer jobs. Of course it's incredible to be able to call the beach your office but far more importantly than that, you are there to make sure the public enjoy it in the safest possible way.

"But make no mistake. This is a demanding job requiring commitment, skill and a clear head.

"We're looking for strong swimmers who can swim 400m with a good level of fitness, aged over 16 years old. If you have the raw ability and the will to learn we can help get you fit and qualified."

The RNLI is also recruiting for face to face fundraisers, who work alongside lifeguards on the beaches in Wales during the summer to provide people with important safety advice.

"They also have a key role in raising money for the charity.

Nick Evans, regional 'face-to-face' fundraising manager, said: "A good fundraiser generally has to be friendly and relaxed, but also energetic, target-oriented, fun and be passionate about what they do.

"We will provide quality training which will make sure you feel confident and capable by the time summer begins. You'll be developing new skills, having fun and working at the beach, this has to be one of Britain's best summer jobs."

RNLI lifeguards in action.

VALE COMPANY WINS DOCK GATES CONTRACT

HARRIS PYE, a local marine engineering firm, is to refurbish a set of dry dock gates, weighing 13,000 tonnes, before floating them to Scotland to re-open the historic Kishorn Port.

The work will be carried out at the new Harris Pye facility in Llandow, and is worth £340,000 to the company.

Harris Pye has a strong connection to the Vale, having been based in Barry before moving to Llandow.

Chris David, Harris Pye's chief technical officer, explained: "We are delighted to have won this contract, and to be working on these historic gates.

"We will be floating the gate – no mean feat as it weighs in excess of 13,000 tonnes; replacing all areas of corroded steel, and the rubber seals; and repositioning the gate prior to pumping the dock out to test the integrity of the gates.

"We will also be strengthening the access road to the dock gate and replacing the flooding covers and fitting new seals on them."

Vale MP Alun Cairns said: "It is great to see this Vale-based company, which employs so many local people, taking on such a mammoth project to strengthen the UK's maritime infrastructure. This is a great example of firms working together across the UK, spreading prosperity and building for long-term success.

"We are lucky to have a wealth of skilled maritime engineers in the Vale, many of whom will be heading to Scotland to put their skills to good use on this project."

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Penarth Times	4,132	(Jan 2015 - Dec 2015)	Paid 50p
South Wales Echo	19,158	(Jan 2015 - June 2015)	Paid 65p
Western Mail	18,641	(Jan 2015 - Dec 2015)	Paid 80p
Glamorgan Gazette	9,094	(Jan 2015 - June 2015)	Paid 90p
Wales on Sunday	14,789	(Jan 2015 - Dec 2015)	Paid £1.50

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(Figures correct as of April 2016)

'Meals on Wheels' could cease in the Vale as new providers move in

PLAID CYMRU councillors have criticised plans to scrap the Vale Council's Meals on Wheels service.

However, the council points out that demand has fallen by more than half in recent years and people are often keen to use other providers of meals.

The proposal to bring the council's Meals on Wheels to an end and recommend alternative services to users was discussed in mid-December by the Vale Council's healthy living and social care committee, at which Plaid Cymru councillors called for the service to be continued – only to be outvoted six to two by Labour, Conservative and independent councillors.

Those who receive Meals on Wheels will be directed to alternative providers of a daily hot meal. One potential provider is The Food Shed, a Bridgend-based social enterprise that has developed a partnership with HMP Parc. The prison produces the meals and The Food Shed drivers deliver them.

Plaid councillor Ian Johnson, vice-chair of the committee, said: "The Meals on Wheels service ensures that older people have a nutritious hot meal, and helps the well-being of those who often can't leave their home or don't see many people during the day.

"Instead of promoting the Meals on Wheels service to make sure that there are enough users to keep it viable, Labour have decided to close it because it loses money.

"The Vale Council has around £80 million in reserves but want to close a service that loses £40,000 per year. They should stop penny-pinching on services that matter to people."

Fellow Plaid councillor Steffan Wiliam, who is also a member of the healthy living and social care, added: "I was shocked to see Labour, Conservative and independent councillors voting together to cut Meals on Wheels.

"The council consultation showed that people who receive Meals on Wheels enjoy the service, but they have decided to ignore their views and close it."

Coun Bronwen Brooks, cabinet member responsible for social care and health, said there had been a significant fall in the number of meals on wheels that the council delivers in recent years.

"In 2012 we provided 112 meals each week day, this figure has now fallen to just 45. This is largely because there is a growing choice of other meal providers that offer services.

"People in the Vale are increasingly choosing to use these alternatives as they can provide them with greater flexibility and choice over what they eat and when."

Coun Brooks explained that although residents have to pay for the meals they receive, the Meals on Wheels' service runs at a financial loss and is a significant cost for the council's social services department at around £50,000 each year.

"What we will now do is direct those customers that are still using the council-run service to some of the alternatives on offer and cease providing it ourselves.

"A new social enterprise has emerged which will deliver a freshly prepared hot meal. For people who opt to use this new provider it will mean they will continue to get a hot meal, although it will be delivered by someone else.

"Arguably this will be an improvement upon the service we provide as it can operate every day of the week, is open to anyone who wants it, and is freshly prepared.

"For the council it will allow us to protect spending and direct it to some of the more critical areas of adult social care."

The gift of slippers...

A CAMPAIGN encouraging people to buy new slippers for older people, to reduce the risk of falls, has been backed by sporting stars and the public.

'Slippers for Christmas', from Cardiff and Vale University Health Board, has received support from Wales rugby international Sam Warburton, the Cardiff Blues star.

Old, worn or ill-fitting slippers are reportedly one of the main causes of falls in older people. Falling can result in injury, loss of confidence and long hospital stays, putting avoidable pressure on health services.

With around 500 people over 65 attending Cardiff and Vale's emergency unit for falls each month, it is important to remember that falls are preventable and are not an inevitable part of ageing.

"I'm supporting 'Slippers for Christmas' and this year I'm buying slippers for my Grandma," pledged rugby ace Sam Warburton.

Marie Curie dementia group meets

AN advisory group helping to highlight how a terminal illness charity is reaching diverse communities, is holding its next meeting on January 25.

The Marie Curie 'Including Diverse Communities in End of Life Care' project (IDCELC), which has been running since January 2016, now has an advisory group which includes dementia charities, faith and non-faith representatives, and those who support people with learning difficulties.

The aim is to increase access to services in Cardiff and the Vale for people affected by dementia and learning disabilities, as well as people with religious beliefs, or those with no religious beliefs.

By the end of 2017, the charity hopes its hospice in Penarth will have gained 'Dementia Friendly Communities' recognition, and also wants to improve care and support to people among different communities, while also improving communication and understanding of their needs.

IDCELC project manager Shameem Nawaz said: "We want to increase the number of people in these groups who are supported by Marie Curie services in Cardiff and the Vale, including inpatients, outpatients and within the community.

"To date we have knowingly supported 20 people with dementia, two people with learning disabilities, 57 people with religious beliefs and 19 people with no religious beliefs."

The meeting takes place on January 25 at the Cardiff and Vale hospice in Penarth. Call Shameem on 029 2042 6025 for further information.

A fireman's tale from days of steam: rails to nowhere

PENGAM in Cardiff was once a very busy shunting and marshaling yard with steam trains coming and going at regular intervals.

It was here on a pitch black night in 1961 that driver John and myself were aboard a shunting engine coupled up to 20 trucks of several hundred tons of iron ore ready to be taken on a short, 20-minute run via a steep incline into the nearby steelworks.

The procedure was to move the load to the end of the yard end, which was protected by a signal and a large buffer stop.

When the points and signal were in our favour, we would then move out onto the parallel relief line, en route to the steelworks.

With the fire made up and a full head of steam, off we went.

John, meanwhile, had mistaken the green signal on the relief line set for another train as ours.

With full steam power on and the sanders working to stop the wheels slipping, he suddenly spotted our red signal; it was too late, and at 25 mph, we ploughed into the stop block, which gave way under the speed and weight of the load, pushing us 30 yards or more onto soft ground.

As the engine settled on its side, we quickly jumped off, unhurt except for a large bump on John's head.

Behind us was a disaster with derailed trucks lying on their side and iron ore scattered over the tracks.

John was later sent to Swindon Rail Headquarters for a medical eye test and then relegated to shed duties for several months.

Undeterred, a year later he repeated it again at Swansea engine shed, with another unlucky fireman, by smashing into the shed's stop block.

For these disasters, he received from his fellow drivers the unenviable name of 'Stop Block Johnny'.

Tony Nicholas,
Former Great Western Railway fireman,
Barry.

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School's *Little Shop* promises a musical evening of black comedy

Molly Brace (left) will play Audrey to James Evans-Jones' Seymour.

LEFT: Anna Arrieta will be the voice of the man-eating Audrey II – quite a challenge when you consider that Levi Stubbs of The Four Tops provided the voice in the film!

The chorus, pictured in rehearsal.

THIS year, Porthcawl Comprehensive School presents *Little Shop of Horrors,* the horror comedy rock musical about a hapless florist shop worker who raises a plant that feeds on human flesh.

While his boss Mr Mushnik bemoans the lack of business, Seymour seeks a way of bringing the shop-and himself-fame and fortune.

He purchases a strange plant from an even stranger oriental street vendor, naming the plant after his love interest, Audrey. The music is by Alan Menken in the style of early 1960s rock and roll, doo-wop and early Motown, with lyrics by Howard Ashman.

The cast includes James Evans-Jones as Seymour, Molly Brace as Audrey, George Neeson as the dentist, Mitchell Davies as Mushnik, with Anna Arrieta as Audrey II (the voice of the plant).

The show runs at the Grand Pavilion, Porthcawl for four days, January 25-28.

GEM photographer Malcolm Nugent dropped into rehearsals and took some photos.

Amelia Trust is taking care of local wild birds

The ever-reliant robin brings joy to many.

THE Amelia Trust Farm is giving wild birds an extra hand this winter by holding a number of events aimed at getting children involved in nature.

On January 21 kids can have a go at making wild bird feeders using natural materials. The feeders can be taken home and hung in the gardens ready for the RSPB's 'Big Garden Birdwatch' which is taking place on the weekend of January 28 – 30.

On January 28, the Amelia Trust Farm is encouraging families to come along and help out with the farm's Big Garden Birdwatch. Families can meet outside the café at 11am for a walk around the farm and woodlands to spot as many different species of birds in different habitats as possible.

On February 11, families are invited to join farm staff to volunteer with the annual Big Farmland Bird Count organised by the Game and Wildlife Trust.

Families can meet outside the café at 11am. After the walk there will be the opportunity for children to have a go at making some bird feeders to take home.

Full details of all these events can be found on the events section of the Amelia Trust Farm's website: www.amelia trust.org.uk. Some of the events require pre-booking and are being held as a fundraiser for the Amelia Trust Farm.

All proceeds will raise funds to help support the work that the farm does with vulnerable and disadvantaged young people.

JW

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Our £4, 45-minute sessions include an additional bonus, with upper body and core exercises included at no extra cost!

You will be challenged, motivated and above all have serious fun!

Due to high demand, you need to reserve your rebounder in advance by calling Linda on 07964 359362. For more information, call today.

Get the Hollywood look in Penarth

SALON owner Louise Pedley has run a successful business, Hollywood Hair unisex salon, at Tennyson Road Penarth for two years.

The property has been a salon since 1964. Louise has 27 years experience in hairdressing, having worked in salons as well as having a successful mobile business before opening Hollywood Hair.

The salon offers a wide range of services from men's dry cuts to hair extensions.

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The hydro fitness workout takes just 30 minutes and includes all the components needed for a complete exercise programme – warm-up, cardiovascular, strength training, cool down, and stretching.

The gym is based on circuit training concepts. This is where different activities are undertaken for a short time (between 30 and 60 seconds), known as interval training.

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Age spot removal available at Vale Laser Clinic, St Athan Village with 20% of ALL treatments in January.
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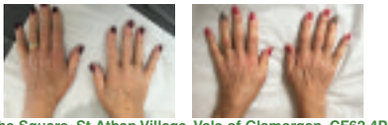


1A The Square, St Athan Village, Vale of Glamorgan, CF62 4PF
01446 750880 emma@valelaserclinic.co.uk www.valelaserclinic.co.uk

Health Beauty & fitness

BARRY LAD IS MASTER OF OSTEOPATHY

BORN and raised in Barry, Rob David trained in London to be among the first to gain the newly enhanced qualification: 'Master of Osteopathy'.

He has returned to open a clinic for all your aches and pains at Highlight Osteopaths, situated in Highlight Park, Barry.

Osteopathy is a system of diagnosis and treatment that takes the whole body and situation into account – your whole body mechanics, work/rest balance, emotional difficulties, office set-up, hobbies enjoyed and sports played, etc.

At Highlight Osteopaths, we see headaches and neck pain, pain in upper and lower limbs, wrists, hands, hips, knees and ankles... and of course, bad backs are our bread and butter!

In pain? Book a consultation, half price until the end of February 2017! Call Rob on 02921 286706 for an appointment.

NEW TO BARRY
HIGHLIGHT OSTEOPATHS
In PAIN?
Consulted with
Headaches ✓
Neck Pain ✓
Back Pain ✓
Shoulder Pain ✓
Hip Pain ✓
Joint Pain ✓
Muscle Aches ✓
Arthritis ✓
Sports Injuries ✓
Pregnancy Pain ✓
Consult your local Osteopath, ROBERT DAVID (M.Ost)
Normally £30 Just £15
Special opening offer valid Jan-Feb 2017
Contact
HighlightOsteopaths.co.uk
02921 286 706
RobTheOsteopath@gmail.com
Practice address: 31 Lakin Drive, Barry, CF62 8AH

JUST 4 GENTS MAKES ITS MARK IN PENARTH

JUST 4 GENTS barbershop, a family run business, is successfully entering its ninth year of business.

Owners Alex and Caroline, and their staff, are state registered barbers at an advanced level certified by the British Barbers' Association.

Just 4 Gents takes pride in its work specialising in scissor cutting, fades and all other aspects of men's barbering using a wide range of techniques and the finest products.

It is a popular choice for men in Penarth and the surrounding areas.

The shop operates on a walk-in basis; no appointments are necessary. Just 4 Gents knows that men's styles are forever changing and can be found in fashion, music and sport. Staff recreate and adapt those using their own ideas which is rewarded with repeat custom.

Just 4 Gents
WALK IN BARBERS
British Barbers' Association State registered with British barbers association
All aspects of mens barbering
Fades and traditional cutting
Tuesday-Wednesday 9:00-5:30
Thursday-Friday 9:00-6:00
Saturday 9:00-4:30
Last service is 20 minutes prior to closing.
9c Cornerswell Rd, Penarth, CF64 2UW
07538 094448

Tackle your stress levels with yoga

IF you are feeling tired, bloated or sluggish after the Christmas holidays, yoga could be the solution.

As well as improving flexibility, yoga can help to release long held areas of tension in the body.

The symptoms of stress, which can be both mental and physical, are commonplace nowadays, which is one reason why so many people are turning to yoga.

At Rosalind Baxter Yoga, you will be encouraged to work at your own level. Classes always include flowing sequences of postures and relaxtion and sometimes incorporate meditation and breathing practices.

If you have always wanted to try yoga, come along and see what you think. Contact Rosalind on 07538 544188 with any queries.

Yoga Class
Monday 10.30am. Cowbridge Free Church, Westgate, Cowbridge (entrance to rear on Broadshoard) Monday 8pm. Ystradowen Village Hall, Ystradowen.
£6 per class or £33 for 6
Classes are suitable for both beginners and improvers and are 1 1/4 hrs long.
Bring a mat if you have one, water and wear comfortable clothing.
Please contact Rosalind with any queries on 07538 544188
Rosalind Baxter Yoga
www.rosalindbaxteryoga.co.uk

LET MAZ HELP YOU MAKE A DIFFERENCE!

THE Bay Health and Fitness Club are pleased to announce that Mathew "Maz" Mazzitelli has joined as gym and pool manager.

Maz is an ex-RAF PTI instructor, Level 3 personnel trainer and on the register of Exercise Professionals. He can offer pre-military and personal training.

Just 30 minutes – three times a week – will make a difference! You will not only look and feel better, but you will be better!

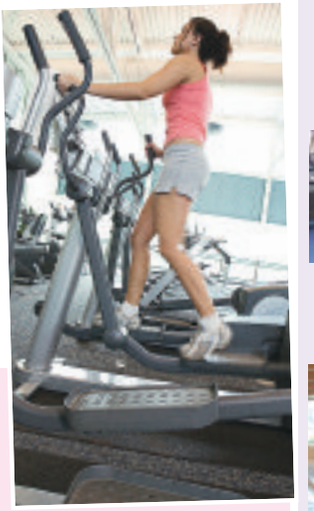
If you have never used a gym before, you don't need to feel intimidated, as our staff will show you exactly what to do and how each piece of equipment works!

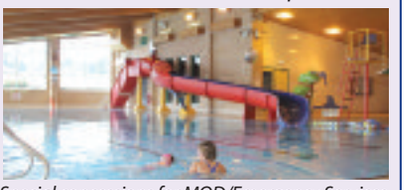
We offer a warm welcome to everyone, but don't just take our word for it!

Why not come down and see for yourself?

Remember if you join in January, we offer a free four-week training programme and no joining fee.

Call Maz on 01446 710386 for further information.

Fontygary Leisure Park
OPEN TO THE GENERAL PUBLIC DAILY
The Bay Health & Fitness Club

GYM MEMBERSHIP
Joint (2 adults) £50
All inc £30 (swimming pool, health spa and gym)
Senior £25 (over 65's) Student £25

SWIM
Adult £4
Child £3.50
DAY PASS
Gym Spa £5
Swim/Spa £5

Special concessions for MOD/Emergency Services
Join in January and get a free 4 week programme. No joining fee!
GYM OPENING HOURS
Mon - Fri: 8am - 9pm.
Sat & Sun: 8am - 5pm.
ONE TO ONE PERSONAL TRAINING AVAILABLE
contact Mazz@fontygaryparks.co.uk
SLIMMING WORLD £25
Pay 12 months in advance & get 2 months free
Fontygary, Rhoose, Vale of Glamorgan, CF62 3ZT.
01446 710386

Denture Design Centre's top tips for looking after dentures

AT Denture Design Centre we are aware that many people are incorrectly looking after their dentures.

In most cases this is not the fault of the patient but a lack of information supplied to them. Here are a few tips to help:

Cleaning: We always advise cleaning dentures with denture cream and a soft brush, not abrasive toothpaste that can scratch and damage the dentures. We never recommend soaking dentures in solutions that contain bleach, as this can discolour and weaken them.

Brushing: This should be done whether you have all your teeth or none. Brushing your gums will increase blood supply to them, keeping them healthy and allowing your dentures to fit for longer.

Removing dentures at night: This is advised but not always possible. If uncomfortable, leave in. If removed, place in a glass of water.

Regular check-ups: These are still important, even if you have no teeth, to make sure your gums stay healthy. This can be done with us. If you still have remaining teeth you will need to see a dentist.

Repairs: Never try to repair them yourself. Take them to a dental technician or dentist to be repaired.

For more information visit www.denturedesigncentre.co.uk or call us on 01656 767806.

Denture Design Centre
Dentures made by a qualified clinical dental technician at Bridgend's only denture studio direct to you.
Please ring for a free consultation
Tel: 01656 767806
www.denturedesigncentre.co.uk
Email: denturedesigncentre@outlook.com
Find us at: 1D Crosby Yard Ind Est, Wildmill, Bridgend CF31 1JZ
Premium Private Dentures more affordable than you may think.

DENTURES
FLEXIBLE DENTURES
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Promoting British Dental Technology
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State of the art Hydraulic Equipment. Designed for all ages & fitness levels. Get fit in 3x30 minute workouts 3 times a week.
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Opening hours Monday - Friday 7am - 8pm. Saturday & Sunday 9am - 1pm.
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Friendly Staff
Tuesdays & Thursdays
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(Behind the Pump House and West Quay Medical Centre)
Telephone 07506 936346
Follow us on Facebook
www.hydrofitness.co.uk

Hydrofitness has been providing members with a fun, convenient, comfortable environment since January 2007.

A spokeswoman explained: " We are committed to giving ladies all the support they need to meet their goals and to feel good about themselves on the inside and outside.

"The Hydrofitness work-out takes just 30 minutes and includes all the components needed for a complete exercise programme – warm-up, cardiovascular, strength training, cool down and stretching.

"What makes us different? You get fun, friendship and fitness in just 30 minutes.

"Having fun while exercising makes it easy to keep coming back.

"It won't take up much of your time – 30 minutes, three to five times a week at the gym."

Tiona would like to thank all her members for their continued support over the last 10 years.

New members are always welcome – here's to the next 10 years!

A professional, warm and friendly service

RS PODIATRY is a well established Podiatry and Chiropody Practice, based at Highlight Park Medical Practice in Barry.

Rebecca is fully qualified, having gained a BSc (Hons) degree in university and she is a trusted member of The Society of Chiropodists and Podiatrists, and The Health Care Professions Council.

At RS Podiatry our services are available to all ages, from children to the elderly – whether for the treatment or diagnosis of a specific foot problem to simple nail cutting.

We specialise in the treatment of nervous patients and can accommodate patients with impaired mobility.

At RS Podiatry we offer a warm, friendly professional atmosphere in a clean, clinical environment at affordable prices.

For an appointment please call – 01446 734064

RS PODIATRY TREAT YOUR FEET
hcpc health & care professions council
The Society of Chiropodists and Podiatrists
Rebecca Skinner BSc (Hons) MChS
HCPC Registered Podiatrist / Chiropodist
Diagnosis, treatment & advice for all foot related problems
• *General Chiropody* • *Nail Cutting*
• *Callus & Corns* • *Verruca Treatment*
• *Ingrowing & Fungal Nails* • *Nail Surgery*
• *Biomechanics* • *Foot Pain* • *Diabetic Foot Care*
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√ GROUND FLOOR CLINIC
√ FREE ONSITE PARKING
Please call for an appointment
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Highlight Park Medical Practice, Lakin Drive, Barry, CF62 8GP

Health & fitness Beauty

Begin Pilates in 2017

TWO new Pilates classes for beginners start in Barry on Friday, January 20.

Both classes provide an introduction to Pilates for complete beginners, or those with a little experience.

The January 20 6pm class is an ideal way to start your Pilates practice from the very beginning.

The 10.45am class is the new APPI Beginners Pilates class. This small class is for a maximum of eight people.

A 121 Pilates assessment is needed to attend this class, which allows for a brief screening of any existing health or injury issues and costs an additional £20.

There is ample opportunity to progress your Pilates, with lots of other classes available from beginners to advanced.

Classes are led by Sharon Sylvester, a qualified Pilates teacher with the Australian Physiotherapy and Pilates Institute.

The classes are at St Nicholas Hall, CF62 6QX and both courses last for five weeks and cost £39. Booking is essential.

Barry Pilates Classes
Mondays, Thursdays & Fridays
At St Nicholas Hall, Barry
2 New Beginners Pilates Classes
Starting Friday 20th January 2017
At 10.45am and 6pm
To book: Sharon 07830 085606
sharonpilates@hotmail.com
www.barrypilates.co.uk

live happy! with Slimming World

New Group
Tuesday 9.30am from 3rd January
Cornelly Methodist Church (opp Cornelly Surgery)
Dee 07733 267369

New Group
Wednesday 7.30pm from 4th January
Buttrills Community Centre, North Walk, Barry
Martin 07827 445570

Mondays 5.00pm and 7.00pm
Cadoxton Moors Community Centre, off Cardiff Road, Barry
Julie 07903 585693

Mondays 5.30pm and 7.30pm
Celtic Way Community Centre, Rhoose
Helen 01446 750738/ 07968 355119

Mondays 5.30pm and 7.30pm
Tabernacle Church Kings Square, Barry
Lorraine 01446 407002

Mondays 5.30pm and 7.30pm
Gilgal Church Hall Woodland Av, Porthcawl
Bev 07912 172674

Tuesdays 9.30am and 11.30am
Parish of Our Lady & St Illtyd, (Catholic Church), Ham Lane East, Llantwit Major
Helen 01446 750738/ 07968 355119

Tuesdays 5.30pm
Holy Trinity Presbyterian, Church Hall, Trinity Street, Barry
Joanne 01446 404897

Tuesdays 5.30pm and 7.30pm
Parish of Our Lady & St Illtyd, (Catholic Church), Ham Lane East, Llantwit Major
Helen 01446 750738/ 07968355119

Tuesdays 6.30pm
The Old School, South Road, Sully CF64 5TG
Nicola 01446 740394

Tuesday 5.30pm and 7.30pm
Cornelly Methodist Church (opp Cornelly Surgery)
Dee 07733 267369

Wednesdays 6.00pm
Cadoxton Methodist Church, Church Road, Barry
Joanne 01446 404897

Wednesdays 4.45pm and 6.45pm
St Francis Millennium Centre, Park Road, Porth-Y-Castell, Barry
Annamarie 01446 736534

Wednesday 3.30pm, 5.30pm, and 7.30pm
Bridgend Deaf Club, Coychurch Road, Bridgend
Helen 07714 170908

Wednesdays 9.30am and 11.30am
All Saints Church Hall, Victoria Square, Penarth
Linda 01446 761150/ 07809 901008

Wednesdays 5.00pm
All Saints Church Hall, Victoria Square, Penarth
Linda 01446 761150/ 07809 901008

Thursdays 3.30pm, 5.30pm and 7.30pm
Talbot Community Centre, Kenfig Hill
Millie 07765 040006

Thursdays 10.15am
St Helen's Church Hall, Wyndham Street, Barry CF63 4EL
Nicola 01446 740394

Thursdays 5:30pm
Highlight Park Community Centre, Barry
Annamarie 01446 736534

Thursdays 9:30am
Nolton Church Hall, Merthyr-mawr Road, Bridgend
Donna 01656 669739

Thursdays 5:30pm
Pencoed R.F.C, Velindre Road, Bridgend
Donna 01656 669739

Thursday 9.30am
Talbot Community Centre, Kenfig Hill
Millie 07765 040006

Thursdays 3.30pm, 5.30pm and 7.30pm
Sarn and Bryncwils Social Club, Bryncoch Road, Sarn
Scott 07415 724562

Thursdays 5.30pm and 7.30pm
The Cabin (Next to Swim Pool), Rear of Hebron Hall, Cross Common Road, Dinas Powys
Linda 01446 761150/ 07809 901008

Fridays 9.30am and 11.30am
The Cabin (Next to Swim Pool), Rear of Hebron Hall, Cross Common Road, Dinas Powys
Linda 01446 761150/ 07809 901008

Saturdays 8am and 10am
Nolton Church Hall, Merthyr Mawr Road, Bridgend
Rachael 07809 626285

Saturdays 7.30am, 9.30am and 11.30am
Buttrills Community Centre, North Walk, Barry
Martin 07827 445570

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0344 897 8000
Slimming World

New project aims to help businesses move up the food chain

Small food businesses across Wales will benefit from the new project including local enterprises such as Ty Tanglwyst Dairy near Pyle.

SMALL food businesses in rural parts of Wales are set to be given help to reach new markets thanks to a project being led by Bridgend County Borough Council (BCBC).

The council has been awarded £600,000 from the Welsh Government to oversee a new 'food supply chain' project in partnership with 11 other local authorities.

The three-year initiative will focus on creating strong supply-chains so that small rural-based firms can work together to meet the demands of retail and tourism businesses for locally-produced goods.

Coun Charles Smith, BCBC's cabinet member for education and regeneration, said: "The majority of food and drink businesses in Wales are independent producers, with just eight per cent being part of a larger organisation.

"With this in mind, local supply chains are absolutely essential. Retailers and hospitality providers need to be confident that the demands of their customers for local goods can be satisfied.

"Consistent quality and supply is vital, and this can create a barrier for small producers who have limited capacity.

"To overcome this, the project aims to maximise economies of scale through collaboration, co-operatives and networks. By working together and creating strong clusters, this sector of the economy has huge potential to grow. Local supply chains can also drive down the carbon footprint of our food.

"The council's 'reach' rural development team has been developing the proposals over the past two years and we are very grateful for the support we have received from our partners in other local authorities. We look forward to taking the lead on this exciting initiative."

The project will continue to seek opportunities to 'dovetail' with the existing support available such as Cywain, Farming Connect, Social Firms Wales and others to avoid duplication of any funded activity.

The project will be led by BCBC in partnership with other rural development plan local action groups, which are: Caerphilly and Blaenau Gwent, Cwm Taf (Merthyr Tydfil and Rhondda Cynon Taf), Vale of Usk (Monmouthshire and Newport), Neath Port Talbot, Powys, Torfaen, and the Vale.

The Cabinet Secretary for Environment and Rural Affairs, Lesley Griffiths, said: "Wales' food and drink industry is thriving and we are already more than half way towards our target of achieving 30 per cent growth by 2020. I look forward to hearing about the future success of projects involved in this exciting initiative."

The project has received funding through the Welsh Government Rural Communities – Rural Development Programme 2014-2020, which is funded by the European Agricultural Fund for Rural Development and the Welsh Government.

For further information, contact Rhiannon Hardiman, rural development programme manager at BCBC by calling 01656 815080 or emailing Rhiannon.hardiman@bridgend.gov.uk.

'How two little girls, decades apart, showed me how little we learn'

A reader's reflection by Barrie David Corcoran

AS time races by and becomes decades, arriving at what folks term "the twilight years", you begin to consider the irrefutable reality that you are closer to the end than you are to the beginning.

You can either worry about it, or laugh at it with such thoughts as *'wanting to be shot by a jealous husband while hiding in a bedroom cupboard'*.

Inevitably, as the passing years bring glasses, hearing aids, dentures and lumbago, they bring a time for reflection on the highs and the lows of your life: the laughter, the tears, and the fleeting moments that stubbornly linger in your heart, your head and your very soul.

For me, such a reflection happened in 1976, and revolves around two little girls who changed my perception on life to this very day.

Gazing at the screen in my mind's eye, sometimes in the wee small hours when sleep won't come, there is a waiting, unrelenting tapestry of my yesterdays that are worthy of note.

In the 1950s, like untold legions of children, I was dropped onto the educational dung heap when I failed the notorious eleven plus exam.

At 15, I discovered all there is to know about violence and abject terror when I became a victim of both.

At 17, I was shaving my terminally ill father, who died weighing four stone.

I can watch the screen fill with unforgettable moments such as watching my third daughter being born, after which came my James Bond period when I enlisted in a reserve airborne unit.

The passing years brought travel – lots of it – ranging from America, China, Russia, and almost all points in between; and although I can easily visualise such interesting mileage as walking around the bottom of the Grand Canyon keeping an eye open for rattlers, or looking down with moist eyes at the 'King's' grave in Graceland, I somehow always return to a chance visit to Belsen Concentration Camp where I saw the first of the two little girls.

There were four of us, all Paras, who came upon the camp while 'swanning' around the German countryside in a Land Rover.

It wasn't what we expected, no rows of wooden huts or immense perimeters of barbed wire.

Instead, we saw a tranquil, vast, open area of pathways interspaced with the random mounds of mass graves enclosed by low stone walls.

Preceding the camp was a museum depicting horrendous films and pictures of what happened there.

One picture showed a half-starved little Jewish girl, about ten years old, who wore striped prison garb and stared out from a wire enclosure with haunted eyes that had clearly witnessed unspeakable horror.

We spent over two hours at the camp before leaving, but I simply couldn't get her out of my mind.

Two days later, as we lounged around Hanover International Airport for the RAF Hercules that would bring us home, I bought a newspaper stating how Britain was in the grip of a fierce heatwave leading to water standpipes in streets (1976) and trade unions rumbling that later became the winter of discontent.

Then, as I was about to hand the newspaper to one of my friends, I saw a picture of another little girl, identical to the girl I'd seen in Belsen, but minus the prison garb.

All but naked, she was clearly African but equally emaciated.

Beneath the picture was a caption with the wording: "Two pounds can keep this child alive for another two weeks".

I found the obvious comparison between the two girls intensely moving but more so, hugely thought-provoking. There were 30 years separating those two little girls, and another 40 years have elapsed as I write this in early 2017.

World leaders have come and gone, so have mediocre politicians, countless household names who achieved little except immense fortunes.

It is a pitifully sad condemnation of how little we have learned, or progressed that countless children like those two little girls appear in our homes with the same desperate appeal, the same poverty, and the same pointless waste of life every time we turn on our televisions.

GEM ADVERTISEMENT FEATURE

In Business Update

Keep your dog fit and healthy with Eva's Dog Adventures

MY name is Eva Armstrong and I run Vale Dog Adventures, your dog walking and pet sitting service for the Vale of Glamorgan.

At Vale Dog Adventures, I would like to help people who love their dogs and want to provide them with the essential exercise they need, even when they are at work or are unable to walk due to another reason, such as ill health.

I deliver excellent customer service for both owners and their dogs and I am fully insured and registered with the National Association for Pet Sitters and Dog Walkers.

With me, your dogs will go for play and fun-filled walks, jogging and outdoor adventures.

We are out and about in any weather, either at the beach or in the beautiful Vale countryside. All walks include some positive behaviour training and ball or scent games.

I also offer puppy visits and house and pet sitting.

Please contact me for a free meet and greet, by email at *eva@valedogadventures.co.uk*.

In addition I offer puppy visits, senior dog care and pet sitting.

Please contact me if you would like to have a chat about the services I offer.

VALE DOG ADVENTURES

Adventure Dog Walks and Hikes

All about your dogs having fun filled walks and hikes.

Contact Eva Armstrong on 07554 002665 for further information

AN EXPERT'S ADVICE COULD AVOID DISPUTE

BRENDAN SWEENEY of David Prosser & Co Solicitors, writes:

It is estimated that 60 per cent of the UK population do not have a Will.

A Will takes effect on your death and is an instruction as to what is to happen to your estate.

Probate disputes and challenges to Wills are becoming a growth area, which often leads to substantial costs.

We now live in a world where family relationships are often very complex, and expert advice regarding the drafting of a Will is essential.

A professional advisor can also advise you in relation to inheritance tax, and how you plan to minimise potential liabilities to inheritance tax

It is important that people are fully aware of their duties and financial responsibilities when they make a Will, to ensure that they comply with the technicalities that are required to have a valid Will.

The cost of a professionally-drafted Will, after taking advice, is considerably less than the costs that can be incurred if there is a dispute regarding your financial affairs after your death.

Substantial costs can also be saved by taking professional advice early, and putting in place Powers of Attorney – whereby you appoint trusted people to make decisions about your property and financial affairs and health and welfare, if your lose capacity.

The people appointed are made fully aware of their rights and responsibilities.

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Porthcawl KRUF looks back on a very productive year

THE year 2016 was a great one for Porthcawl KRUF.

The annual Walk For Life raised over £1,000 and enabled KRUF to donate £2,000 towards a senior social worker for the children's dialysis unit in Cardiff.

The silent auction raised £500 and the barbecue over £1,000.

The coffee morning in the RAFA club was a great success, while the Phoenix Society made a generous donation.

KRUF also received donations from the Christmas morning swim.

£3,000 was donated to Morriston dialysis unit for equipment. As usual, all the money raised during the year is donated directly to projects to make life easier for people with kidney disease.

The committee is now looking forward to 2017. Events will begin with a silent auction followed by the Walk For Life. Then in June, everyone will look forward to the return of the popular Ascot Ladies' Day in the Hi Tide, so get your hats ready for June 17!

Finally, a big thank you to all our supporters and here's to a good year ahead.

JUDITH FRENCH, publicity officer

Evan lands Lingfield win

EVAN WILLIAMS' seven-year--old bay gelding *On The Road* which had finished in the runner-up spot on his previous two starts, went one better in the Retraining Of Racehorses Novices' Handicap Chase at Lingfield on Tuesday.

Partnered by stable jockey Paul Moloney, *On The Road*, a 9-2 chance, had three parts of a length to spare over the favourite *Petite Power,* ridden by Paddy Brennan.

BRIAN LEE

'Ward closure concerning'

SOUTH Wales Central AM and Leader of the Welsh Conservatives Andrew RT Davies has called for action following news that a ward has been closed at University Hospital, Llandough.

The ward has been shut following an outbreak of flu, and people have been advised not to visit the hospital in a bid to prevent spreading of the infection.

Mr Davies urged Cardiff and Vale University Health Board to take action to prevent flu outbreaks in future.

He pointed out that less than half of all healthcare staff had the flu jab this year, and that this should be far higher.

SAD DEATH OF THE WOMAN WHO INSPIRED TY HAFAN HOSPICE

THE founder of Ty Hafan Children's Hospice in Sully, Suzanne Goodall, has passed away at the age of 95.

South Wales Central AM and Leader of the Welsh Conservatives Andrew RT Davies paid tribute to her for the "pioneering role" she played in providing good care to life-limited children and their families.

Mr Davies said: "Suzanne Goodall was an inspirational individual who gave so much to seriously ill children in south Wales.

"In founding Ty Hafan, she started an institution that has been instrumental in providing first class care for life-limited children, ensuring they and their families receive invaluable support in the most difficult of times.

"The fact that she took it upon herself to launch the hospice after discovering that no such facility was available in Wales is testament to her drive, determination and dedication to helping others, and shows she was a selfless person with the capacity to deliver for people in need.

"Her legacy is of course the fantastic facility that is Ty Hafan, and my thoughts are with her friends, family and all those connected with the hospice at this sad time."

THE VALE OF GLAMORGAN COUNCIL
CYNGOR BRO MORGANNWG

Planning (Listed Buildings and Conservation Areas) Act, 1990
Town and Country Planning (Development Management Procedure) (Wales) Order 2012

Listed Building Consent/ Caniatâd Adeilad Rhestredig

Application No:/ Rhif y cais:	2016/01480/LBC
Proposal:/Cynnig:	The installation of a 1 hour fire door and frame to the second floor of Dyffryn House
Location:/Lleoliad:	Duffryn House, Dyffryn Gardens, Duffryn Lane, Dyffryn
Listed Building:/ Adeilad Rhestredig	Grade II*
Application No:/ Rhif y cais:	2016/01534/LBC
Proposal:/Cynnig:	Demolition of existing single storey extension and the erection of a new orangery
Location:/Lleoliad:	24, Archer Road, Penarth
Listed Building:/ Adeilad Rhestredig	Grade II

May affect a Public Right of Way/ Gall effeithio ar Hawl Tramwy Cyhoeddus

Application No:/ Rhif y cais:	2016/01504/FUL
Proposal:/Cynnig:	American barn to provide 3 x stables and a feed store
Location:/Lleoliad:	Land at the Lawns, Cwrt Yr Ala Road, Michealston Le Pit

Details may be inspected for 21 days at the address given below, or via **http://vogonline.planning-register.co.uk/**

Gall manylion eu harchwilio am 21 diwrnod yn y cyfeiriad a roddir isod, neu drwy **http://vogonline.planning-register.co.uk/**

Dated / Dyddiedig: 12 January, 2017

V. L. Robinson
Operational Manager,
Regeneration and Planning,
Vale of Glamorgan Council,
Dock Office, Barry. CF63 4RT

TOWN AND COUNTRY PLANNING ACT 1990

NOTICE IS HEREBY GIVEN THAT AN INSPECTOR APPOINTED BY THE WELSH MINISTERS UNDER PARAGRAPH 1(1) OF SCHEDULE 6 TO THE TOWN AND COUNTRY PLANNING ACT 1990 TO DETERMINE THE APPEAL WILL ATTEND AT

THE VALE OF GLAMORGAN CBC OFFICES, DOCKS OFFICES, BARRY DOCKS, BARRY, CF63 4RT

ON WEDNESDAY 8th FEBRUARY 2017 AT 10.00.

TO HOLD A LOCAL INQUIRY INTO THE APPEAL BY SITE SERV RECYCLING LTD AGAINST THE ENFORCEMENT NOTICES ISSUED BY THE VALE OF GLAMORGAN COUNTY BOROUGH COUNCIL RELATING TO ALLEGED BREACHES OF PLANNING CONTROL, NAMELY THE MAKING OF A MATERIAL CHANGE OF USE OF THE LAND AT LLANTWIT MAJOR ROAD, LLANDOW,

FROM USE AS MIXED CLASS B1 (BUSINESS), B2 (GENERAL INDUSTRIAL), B8 (STORAGE AND DISTRIBUTION) WAREHOUSES KNOWN AS HANGARS A AND B TO A WASTE TRANSFER STATION, STORAGE OF MUNICIPAL WASTE AND ANCILLIARY OFFICES (SUI GENERIS) AND ERECTION OF A WEIGHBRIDGE AND WEIGHBRIDGE OFFICE AT HANGARS A AND B,

AND THE MATERIAL CHANGE OF USE OF THE LAND TO A WASTE TRANSFER STATION FOR THE RECEIPT, SORTING, STORAGE AND EXPORT OF WASTE MATERIAL.

WITHOUT THE GRANT OF PLANNING PERMISSION.

ISABEL NETHELL
AUTHORISED BY THE WELSH MINISTERS

DEDDF CYNLLUNIO GWLAD A THREF 1990

HYSBYSIR DRWY HYN Y BYDD AROLYGYDD A BENODIR GAN WEINIDOGION CYMRU YN UNOL Â PHARAGRAFF 1(1) O ATODLEN 6 DEDDF CYNLLUNIO GWLAD A THREF 1990 I BENDERFYNU AR YR APÊL YN BRESENNOL YN

SWYDDFEYDD CYNGOR BWRDEISTREF

SIROL BRO MORGANNWG, SWYDDFEYDD Y DOCIAU, DOCIAU'R BARRI, Y BARRI CF63 4RT

AR DDYDD MERCHER 8 CHWEFROR 2017 AM 10:00AM

ER MWYN CYNNAL YMCHWILIAD LLEOL I'R APÊL GAN SITE SERVE RECYLCING LTD YN ERBYN YR HYSBYSIADAU GORFODI A GYFLWYNWYD GAN GYNGOR BWRDEISTREF SIROL BRO MORGANNWG MEWN CYSYLLTIAD AG ACHOSION HONEDIG O DORRI RHEOLAETH CYNLLUNIO, SEF NEWID PWYSIG I DDEFNYDD Y TIR AR FFORDD LLANILLTUD FAWR, LLANDOW, O DDEFNYDD CYMYSG DOSBARTH B1 (BUSNES), B2 (DIWYDIANT CYFFREDINOL), B8 (STORIO A DOSBARTHU), WARYSAU A ELWIR YN AWYRENDY 'A' A 'B' I ORSAF CYFNEWID GWASTRAFF, STORFA GWASATRAFF TREFOL A SWYDDFEYDD CYSYLLTIEDIG (SUI GENERIS) AC ADEILADU PONT BWYSO A SWYDDFEYDD PONT BWYSO YN AWYRENDY 'A' A 'B'.

A NEWID PWYSIG I DDEFNYDD TIR I ORSAF CYFNEWID GWASTRAFF AT DDIBEN DERBYN, TREFNU, STORIO AC ALLFORIO DEUNYDDIAU GWASTRAFF.

HEB GANIATÂD CYNLLUNIO.

ISABELL NETHELL
AWDURDODWYD GAN WEINIDOGION CYMRU

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Scorcese's 'Silence' is a slow-burning and intelligent piece of work

MARTIN SCORSESE may be 75 this year, but the director shows no sign of slowing up, and in 2014's *The Wolf of Wall Street* made what was his most vital and energetic film in years.

He's kept himself busy with various jobs, but his latest film sees him tackle Shûsaku Endô's novel *Silence*. Co-writing the screenplay as well (with Jay Cocks), it tells the story of two Jesuit priests Rodrigues (Andrew Garfield) and Garrpe (Adam Driver) in the 17th century, who are insistent on tracking down their mentor Ferreira (Liam Neeson), whom they believe has renounced Christianity.

Travelling to Japan, the pair try to track down Ferreira, all the while hiding from the Inquisitor General and his men, who are determined to stamp out Christianity from Japan...

Religion has always been present in Martin Scorsese's work; having spent a year in seminary during his younger years, the director always seems to implicitly or subtly reference the topic, in films with such varying subject matter as *Mean Streets*' bravado-and-bullets and *Bringing Out The Dead's* late-night nightmares, while *The Last Temptation of Christ* and *Kundun* dealt more directly with the topic.

Silence is arguably the first Scorsese film since …*Christ* to tackle religion head on, and the end result is a slow-burning, meditative film that smartly tackles its subject matter with intelligence, probing the questions of how important faith is to an individual, to what lengths (and why) you can be pushed to renounce it, and what do you do when your struggles and suffering go seemingly unanswered by a higher power.

Silence has been a passion project for the director, and one that he has harboured for many years, something that is reflected in the slow, thoughtful manner in which the film is presented. There are none of Scorsese's fevered camera moves, none of his slick, clever editing. Instead the onus is on stillness, the film lensed gorgeously with every frame beautifully shot.

For a director steeped in the history of cinema, the film visually carries the influence of Powell and Pressburger's work, most notably *Black Narcissus*, while the men-on-a-mission-gone-awry story has the

by GARETH JAMIESON
Follow Screen Talk on Twitter – @GEMScreenTalk

hallmarks of *Apocalypse Now*, men cut loose in a world that they don't truly understand, and where danger lurks in every corner.

However, it's also a film that perhaps would have benefited from a slightly more judicious editing process; the film ebbs and flows slowly, the languid pacing punctured by moments of brutal torture, but as harrowing as these are, they don't increase the pacing of the film. At times a greater urgency in the storytelling would have perhaps created a stronger cinematic experience, but Scorsese lets the film unfurl at its own pace.

The real meat comes in the central arguments of the film; is religion (Christianity in this case) worth fighting for in the face of unrelenting and dangerous objection?

Why does God and/or Jesus remain silent as those who believe in him suffer for that belief?

These are questions that Scorsese attempts to resolve and answer through the running time, perhaps a little repetitively at points, but nonetheless it carries the weight of the subject matter with a mannered poise, the persecution of those who believe as prevalent now as it was then.

The film rests primarily on the performances of Andrew Garfield and Adam Driver, with the former the driving force of the film, and both men give performances of conviction, their characters determined to maintain their belief in the face of supreme adversity.

As things unravel around them, the breakdown of their beliefs, their physical and mental state, the actors deliver compelling and heartbreaking turns,

Garfield in particular excelling as his whole life unfurls around him, the Japanese pushing and pulling his emotions from one extreme to another.

It is an impressively thoughtful piece of work from the director, the sort of film you feel he has been waiting much of his career to make. The end result is something contemplative, that leaves you (regardless of your religious convictions) pondering the subject of belief, but is perhaps a little too slow to really resonate; nonetheless, *Silence* is a hugely compelling film.

VERDICT: Martin Scorsese's passion project is finally realised, and while maybe a little too lengthy, *Silence* is a powerfully engaging film. Tackling the nature of belief and the extremes of its importance, he has made a film that asks questions without offering easy answers.

Visually gorgeous (with Dante Ferreti's production design and Rodrigo Prieto's cinematography to the fore) and showcasing a strong cast, this is a slow-burning and intelligent piece of work. *Recommended*.

SEE THIS IF YOU LIKED: *Black Narcissus* (1947), *The Last Temptation of Christ* (1988).

Ty Hafan lottery winners

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number D965:

● **£2,000:** 130719.

● The rollover, which stands at £11,500, was not won this week.

● **£10:** 352859, 509049, 167908, 469447, 864902, 340932, 312705, 618264, 952034, 816234, 548850, 273826, 544437, 848957, 755019, 490970, 614476, 839932, 1375918, 1851.

● **£5:** 422974, 571708, 871984, 178280, 345532, 881601, 344624, 193483, 659564, 857857, 125531, 562045, 815642, 311676, 862878, 800944, 364652, 644379, 615503, 277786, 686883, 684642, 921201, 293435, 545574, 738039, 858077, 471788, 896882, 411504, 547982, 186571, 106104, 28695, 153821, 986740, 344366, 772814, 569217, 666063, 731472, 209940, 203547, 693361, 242692, 651768, 388889, 804905, 341140, 875311, 691021, 353069, 793989, 796119, 529822, 15, 1821141, 1325048, 1600210, 1984723.

The GEM cannot be held responsible for any errors or omissions contained in the above.

For lottery information please telephone 029 2053 2300.

Art exhibition in Old Hall

I WAS born in Cowbridge, grew up in Barry and still live locally.

After attending college in Cardiff and Brighton I began teaching, at first in the Vale and then, following my marriage, in Essex where we had moved.

Some years later we returned to Wales with our two sons and have lived here ever since.

I have painted throughout my life, but since retiring from teaching have more time to devote to it.

My subject matter varies a good deal. I am attracted to the coastline and mountains, and the changing of the seasons make such a difference to each view; but I also love painting people.

When I paint I sometimes smile, or even laugh out loud at the ideas that pop into my head. Hopefully this will be a 'Banish the January Blues' exhibition! Something for everyone to lift the spirit.

JACI HARRIES

Will it be ready, Freddie, go?

Freddie.

THE GEM is working with the Dogs Trust Bridgend to find loving homes for their canine guests. This week, meet Freddie.

A spokeswoman said: "Freddie is a six-year-old terrier cross, small and sparky, he will need some slow and consistent handling as he can be a bit sensitive with intensive handling, he will just need to do things in his own time.

"Freddie mixes well with other dogs and is a good boy on and off lead, he is clever boy and works well for his treats.

"Freddie's ideal forever home will be a adult only home with no visiting children due to his sensitive nature.

"If you are interested in our handsome, Freddie, you will need to come to the centre for multiple visits so he can get to know you. For further information please call on 01656 725219 or visit our website."

WHAT'S ON, AND WHERE IN YOUR AREA?

Advice surgery

MP Chris Elmore and AM Huw Irranca-Davies will hold an advice surgery on Saturday, January 14 at 44a Penybont Road, Pencoed (CF35 5RA).

Zoar Messy Church

SUNDAY, January 15 a Messy Church will take place in the Reading Room, Bonvilston (opposite Old Village Shop) at 2.30pm.

St Mary's Church and Zoar, Bonvilston warmly invite parents with toddlers, and youngsters and teenagers to attend. Fun and games, Bible stories, refreshments. Further information from Rev Lee Dutfield on 07884 869020 or Rev Martyn Davies on 01446 760498 or Ann Roach on 01446 781309.

Free legal advice

AGE Connects Cardiff and Vale is holding a free legal advice on Tuesday, January 17 from 10am to 12 midday.

The session will be held at Age Connects Cardiff and Vale Senior Health Shop, 38 Holton Road Barry. If you are over 50 and worried about a legal matter – other than criminal law – just come along and have a chat to a legal team based in Barry.

New year, new you?

ANYONE wanting to lose a few pounds, get in shape for 2017 and meet new friends can come along to a Zumba class at KPC in Pyle (next door to Pil Primary School), with Michelle Alsparslan.

Classes run on Tuesday from 9.30am to 10.30am – and are free with a voluntary contribution. Contact Alison on 01656 749219 or kpcyouth@hotmail.com.

CAMRA meets

VALE of Glamorgan and Bridgend branch of the Campaign for Real Ale is considering entries for the Good Beer Guide and Pub of the Year and invites members and non-members to cast their votes.

It meets as follows: January 12 at 8pm, Star Inn, Wick; February 4, brewery visit social at Bang On Brewery, Unit 3 George Street, Bridgend, CF31 3TS Bridgend from midday; February 23 at 8pm, West End Club, Barry; March 30at 8pm, Lorelei, Porthcawl.

For further information, visit www.vog.camra.org.uk.

Valeways guided walks

WOODS and Valleys walk: meet in Barry on January 17 outside All Saints' Church, Park Road at 1.30pm.

On January 18 the Coffee Shop Strollers meet at Cosmeston Country Park outside the visitor centre at 10.30am.

The Strollers meet the same day in Llantwit Major at 2.30pm in the town hall car park.

On January 19, a Llantwit Lanes walk meets at the railway station car park at 11am.

CAOS open evening

CAOS Musical Society invites you to an open evening, Wednesday, January 18 at St Athan Community Hall, 7.30pm.

It will be performing a selection of numbers to give prospective new members a flavour of what the Society does and what it would like to do in the future.

If you are thinking of doing something new for 2017, why not come along?

For further information, visit our Facebook page Friends of CAOS Musical Society.

Chance for schools to visit Parliament

VALE MP Alun Cairns is encouraging schools in the Vale to visit the Palace of Westminster between February 14 and 17 to take part in the *Story of Parliament* film and tour visit put on by Parliament's education service.

He said: "Learning about the history and work of Parliament, and exploring the Palace of Westminster is both important and fun. I have had the pleasure of speaking to many school groups who have visited in the past, and have been deeply impressed with the understanding of our democracy that children have shown following their tour."

Schools should contact the Parliament Education Service on 0207 2194 496 or visit the Parliament website to arrange their trip.

New club for sci-fi fans

CALLING all sci-fi fans, fancy chatting about all things sci-fi?

Then join this new offshoot of Cardiff's longest running sci-fi club. We are simply a group of like-minded individuals who meet for a social drink and chat the first Wednesday of the month in the Wyndam Arms in Bridgend.

If you fancy joining us, then contact us via our facebook page https://www.facebook.com/dayinthelifeofevents/.

NG

Cowbridge shop thanked for donation to special day

ORGANISERS of a special charity event that took place at the Horse and Groom, Cowbridge, in memory of Mallissa Brown, have thanked a local business.

An advert which was published in last week's GEM thanked a number of local businesses for supporting the event by donating raffle prizes.

Unfortunately missing from that list was 'The Shop' which is at 50, High Street, Cowbridge.

An organiser of the charity event told The GEM: "We really would like to thank The Shop for their much-appreciated donation to the raffle.

"It all helped make the day a special one."

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Ysgol Gyfun Y Bont Faen

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Open Evening

...Take a closer look

Tuesday 24 January 2017
4.00 - 6.00 pm

An open evening for students considering taking their AS/A2 Level Studies or L3 BTEC courses

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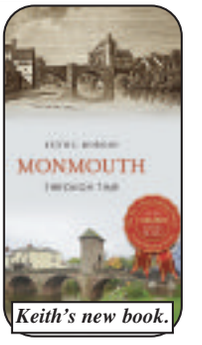
glamorgan-gem.co.uk

Book recalls Agincourt!
Strength of Welsh longbowmen would leave yew quivering

Henry V is immortalised at St Mary's Priory Church, Monmouth



Keith's new book.

Photos (top) and words by Keith E Morgan.

IN a new illustrated history book, recently published by Keith E Morgan and entitled *Monmouth Through Time*, Porthcawl longbowman Graham Anderson helps to explain the role of Welsh archers in a famous British battle.

In 1387, John of Gaunt's grandson Henry V was born in the Great Tower of Monmouth Castle. At the age of 28, Henry was to become the hero of Agincourt. The battle, which took place on St Crispin's Day, October 25, 1415 is one of the best known events in British history.

The story of Henry V's forces defeating a much larger French army have been immortalised in tales, poetry and plays, especially by William Shakespeare.

There is a stained glass window in St Mary's Priory Church, Monmouth depicting Henry V, as well as a statue to the famous king in a niche on the front of the Monmouth Shire Hall in Agincourt Square.

Also mounted in the Shire Hall is a beautiful tapestry wall hanging depicting Henry V on horseback addressing his troops before the Battle of Agincourt. This was designed by local artist Richard Wills and presented in 2015 by the Monmouth Broderers as a gift to celebrate the 600th anniversary of the battle.

At the battle, Henry V's army of around 8,000 was outnumbered by five to one, yet 500 nimble-fingered Welsh longbowmen cut the heavily-armoured French knights to ribbons and won the day, thus marking a major turning point in the Hundred Years' War.

The Welsh and English longbowmen at the battle of Agincourt would have been equipped with an array of weaponry.

Mr Anderson of Newton, Porthcawl, is a modern-day Welsh longbowman, keeping alive the skills of archery that won the day at Agincourt.

He makes his own traditional six-foot longbows out of seasoned yew and his arrow shafts out of ash.

Mr Anderson takes part as an extra in many films and documentaries made in Wales. However, he is not just a picture postcard longbowman; Mr Anderson takes part in competitions and can bend a bow with a 95lb (43 kilogram) pull on the bowstring before releasing an arrow that flies 660 feet (201 metres) before falling back to earth. Such an arrow would have penetrated both chain mail and plate armour at the battle of Agincourt in 1415.

The Planning Inspectorate
Yr Arolygiaeth Gynllunio

Adeilad y Goron, Parc Cathays, Caerdydd, CF10 3NQ
Crown Buildings, Cathays Park, Cardiff, CF10 3NQ
wales@pins.gsi.gov.uk

DEDDF PRIFFYRDD 1980
a
DEDDF CAFFAEL TIR 1981

GORCHYMYN PRYNU GORFODOL BRO MORGANNWG (GWELLIANNAU I BRIFFORDD YR A4226 FIVE MILE LANE) 2016 - DEDDF PRIFFYRDD 1980

GORCHYMYN FFORDD DDOSBARTHIADOL (FFYRDD YMYL) BRO MORGANNWG (YR A4226 FIVE MILE LANE) 2016- DEDDF PRIFFYRDD 1980

HYSBYSIR DRWY HYN Y BYDD

AROLYGYDD A BENODIR GAN

WEINIDOGION CYMRU

YN BRESENNOL YN

Swyddfeydd Cyngor Bro Morgannwg, Dociau'r Barri, Y Barri, CF63 4RT.
AR
Ddydd Mercher 25 Ionawr 2017 am 10:00am

ER MWYN CYNNAL YMCHWILIAD LLEOL i glywed sylwadau gan unigolion sydd â buddiant yn y tir a gynhwysir yn y Gorchmynion uchod ac, yn ôl ei ddisgresiwn, i glywed sylwadau gan unrhyw unigolion eraill a allai ddymuno ymddangos a chael eu clywed.

Gellir gweld copïau o'r Gorchmynion a'r mapiau y maent yn cyfeirio atynt trwy drefnu apwyntiad yn swyddfeydd Cyngor Bro Morgannwg, y Swyddfeydd Dinesig, Holton Road, y Barri, CF63 4RU.

Gwneir y Gorchymyn Prynu Gorfodol o dan adrannau 239, 240, 246 a 250 Deddf Priffyrdd 1980, a gwneir y Gorchymyn Ffyrdd Ymyl o dan adrannau 14 a 125 yr un Ddeddf. Os cânt eu cadarnhau, byddant yn awdurdodi'r Cyngor i brynu'r tir yn orfodol ac awdurdodi'r gwaith a ddisgrifir yn yr Atodlenni i bob Gorchymyn, at ddibenion:

(i) adeiladu priffordd newydd ac adeiladwaith hwylustod arall, i ddod yn rhan o'r A4226 a gwella priffordd bresennol yr A4226 o dir i'r de o Fferm Blackland, Bonvilston am bellter o 4800 metr i gyfeiriad deheuol ac yna de-ddwyreiniol i gyffordd yr A4226 â chylchfan Waycock Cross, Port Road, y Barri;

(ii) adeiladu priffyrdd eraill i gysylltu â'r briffordd newydd a grybwyllir uchod; gwella priffyrdd cysylltu presennol; cau priffyrdd neu ardaloedd priffordd; cau ffyrdd mynediad preifat i safleoedd; darparu ffyrdd mynediad newydd i safleoedd ac adeiladwaith hwylustod yn unol â, ac ar y cyd â, Gorchymyn Ffordd Ddosbarthedig (Ffyrdd Ymyl) Cyngor Bro Morgannwg yr A4226 (Five Mile Lane) 2016 a wnaed o dan adrannau 14 a 125 Deddf Priffyrdd 1980;

(iii) darparu rhan newydd o lwybr beicio / llwybr troed a rennir gerllaw'r gwaith gwella priffordd ar linell o gyffiniau Canolfan Hebogiaid Cymru i Gylchfan Waycock Cross;

(iv) dargyfeirio cyrsiau d r a chynnal gwaith arall ar gyrsiau d r mewn cysylltiad ag adeiladu, gwella ac adlinio'r priffyrdd a grybwyllir uchod;

(v) defnydd gan yr awdurdod caffael mewn cysylltiad ag adeiladu a gwella priffyrdd a chyflawni'r gwaith arall a grybwyllir uchod; a

(vi) lliniaru unrhyw effeithiau niweidiol y bydd bodolaeth neu ddefnydd y priffyrdd y bwriedir eu hadeiladu neu eu gwella yn eu cael ar eu hamgylchoedd.

I Nethell
Awdurdodwyd gan Weinidogion Cymru

The Planning Inspectorate
Yr Arolygiaeth Gynllunio

Adeilad y Goron, Parc Cathays, Caerdydd, CF10 3NQ
Crown Buildings, Cathays Park, Cardiff, CF10 3NQ
wales@pins.gsi.gov.uk

HIGHWAYS ACT 1980
and
THE ACQUISTION OF LAND ACT 1981

VALE OF GLAMORGAN (A4226 FIVE MILE LANE HIGHWAY IMPROVEMENTS) COMPLUSORY PURCHASE ORDER 2016 - HIGHWAYS ACT 1980

VALE OF GLAMORGAN (A4226 FIVE MILE LANE) CLASSIFIED ROAD (SIDE ROADS) ORDER 2016 - HIGHWAYS ACT 1980

NOTICE IS HEREBY GIVEN THAT

AN INSPECTOR APPOINTED BY

THE WELSH MINISTERS

WILL ATTEND AT

The Vale of Glamorgan Council Offices, Barry Docks, Barry, CF63 4RT.
ON
Wednesday 25 January 2017 at 10:00am

TO HOLD A LOCAL INQUIRY to hear representations from persons interested in the land comprised in the above Orders and, at his discretion, to hear representations from any other persons who may desire to appear and be herd.

Copies of the Orders and of the maps referred to therein can be viewed by arrangement, at the offices of the Vale of Glamorgan Council, Civic Offices, Holton Road, Barry, CF63 4RU.

The Compulsory Purchase Order is made under sections 239, 240, 246 and 250 of the Highways Act 1980, and the Side Roads Order is made under sections 14 and 125 of the same Act. If confirmed will authorise the Council to purchase compulsorily the land and authorise works as described in the Schedules to each Order, for the purposes of:

(i) the construction of new highway and other accommodation works, to become part of the A4226 and the improvement of the existing A4226 highway from land south of Blackland Farm, Bonvilston for a distance of 4800 metres in a southerly and then a south easterly direction to the A4226 junction with Waycock Cross roundabout, Port Road Barry;

(ii) The construction of other highways to connect to the new highway mentioned above; the improvement of existing connecting highways; the stopping up of highways or areas of highway; the stopping up of private means of access to premises; the provision of new means of access to premises and accommodation works in pursuance of and in conjunction with the Vale of Glamorgan Council A4226 (Five Mile Lane) Classified Road (Side Roads) Order 2016 made under sections 14 and 125 of the Highways Act 1980;

(iii) the provision of a new section of shared cycleway / footway adjacent to the on line highway improvements works from the vicinity of the Welsh Hawking Centre to Waycock Cross Roundabout;

(iv) the diversions of watercourses and the carrying out of other works on watercourses in connection with the construction and improvement and realignment of highways mentioned above;

(v) use by the acquiring authority in connection with the construction and improvement of highways and the execution of other works mentioned above; and

(vi) the mitigation of any adverse effects which the existence or use of the highways proposed to be constructed or improved will have on their surroundings.

I Nethell
Authorised by the Welsh Ministers

Bernard Baldwin, doyen of Welsh athletics, dies, aged 91

Clive Williams gives his personal memories of an irreplaceable athletics trendsetter.

ATHLETICS in Wales, and indeed in the UK, has lost one of its finest innovators with the death on January 3 of Bernard Baldwin at the age of 91. He was a man ahead of his time.

Although best known as the founder of the world renowned Nos Galan road races in 1958, his overall role in the development of the sport was immense.

My earliest memories of him go back to the early 1960s and in particular to the Welsh novice cross-country championships in Gilwern.

Here was this slightly balding gentleman in his 30s resplendent in a fawn mackintosh wearing – despite the morass of mud and incessant rain – brown suede shoes directing proceedings with a megaphone.

He took that megaphone with him wherever he went and my abiding memory of Bernard is with that megaphone in his hand! Indeed, when he bought a new one, he gave me his old one.

Born in Barry in 1925 he was one of seven children.

Elder brother Bramwell was Welsh junior mile champion in 1937 and six years later, Bernard was to win the same title.

Bernard trained as a teacher at the then Caerleon Training College, and after a brief spell teaching in Tintern, he took up a post as PE and music teacher at Mill Street School, Pontypridd.

Little did his headmaster know that in due course the whole of Welsh athletics was being run from the school!

Following the success of Nos Galan, he somehow convinced the local bigwigs in Pontypridd to allow him to hold a sprint race in Taff Street – reputed at the time to be the busiest street in Wales.

And so the Taff Street Dash was born in 1959 over a distance of 250 yards from The Fountain to The New Inn Hotel.

Who did Bernard get to run in this race? As you would expect: the best!

He convinced Britain's Number One sprinter (and the following year's Olympic 100m bronze medallist) Peter Radford, who was a student in Cardiff, to run. Radford duly won the race with another British international Dave Segal second.

The race eventually became a 100-yard race in 1961, and continued until 1975, although the event was briefly revived in 1991.

A young Maesteg schoolboy by the name of JJ Williams won the event in 1966 and also in 1971.

The future rugby superstar recalled: "I have fond memories of all of Bernard Baldwin's events and particularly The Taff St Dash.

"The event was among my earliest recollections of top athletics in Wales."

He continued: "If you were drawn in lanes one or four, you had no chance of winning because you were either in the gutter or on the pavement among the crowd; all the winners came from lanes two or three!"

The after-race function at The New Inn Hotel, which also served as the annual dinner of the Road Runners Club of Wales, of which Bernard was the founder, was his real show piece. His unique show biz-style talent entertained the guests until the early hours with his anecdotes and comments on virtually every person in the room, sometimes up to 300 of them!

Among the other events organised by Bernard in the guise of the Nos Galan committee or other organisations he formed, such as Road Runners Club (Glamorgan) or its successor Road Runners Club (Wales), were a series of events which brought athletics to the people.

This was long before the advent of the major marathons or the street athletics we see on TV from Birmingham, Manchester or Gateshead.

Ostensibly organised by these groups, they were first and foremost the idea of the redoubtable Bernard, who must take the credit for their introduction and organisation.

These included the Easter road race series at Pencoed, the Wattstown road races and the immensely popular series of evening road races in such places as Cilfynydd, Glyncoch, Pwllgwaun, Hopkinstown, Merthyr, Troedyrhiw and many other venues in south Wales.

These events attracted the stars of the day, and to a certain extent some of the locals did not appreciate the quality of the athletes being paraded before them.

Imagine a small terraced street in Wattstown in the Rhondda Valley, with the Olympic 100m bronze medallist, and two other world record holders about to run in a 100-yard race in the middle of the road.

I can well remember a local miner, popping his head around the front door of his terraced house asking Bernard – with megaphone in hand: "What the hell is going on here today then?"

To be told that world record holders Peter Radford, Ron and Berwyn Jones, as well as several other of Britain's top athletes were running in a 100-yard race just outside his front door, completely bemused him.

To him it was equivalent to a modern day prank set-up for a TV programme so he promptly closed the door and went in!

Another of Bernard's innovative events was the Cardiff to Mountain Ash two-man relay. Almost unbelievably for today's athletes, two runners shared a car, hopping in and out of the vehicle. The first event in 1964 was won by Gilwern Harriers.

Unfortunately, this unique event is no longer with us, as it fell foul of the many traffic restrictions which were then coming into force.

Bernard also organised a Cardiff to Swansea two-man relay. This survived for just three years between 1963 and 1965 and was the forerunner of the shorter Cardiff–Mountain Ash event. Welsh athletics stalwart and former Welsh CCA secretary John Collins was in the winning team each year.

John recalled that one team used a hatchback for convenience whilst another used a van with back doors removed!

Yet another event Bernard organised, was the 40-mile track race at Cardiff's Maindy Stadium, where 'world best' performances were set in two of the races by the late John Tarrant in 1966 and Lynn Hughes the following year.

Alan Phillips, who was to set world best performance times for both 40 and 50 miles in Walton in 1966, took the 50 miles race in 1968.

Such was the esteem in which Bernard was held, the Nos Galan organisation ventured into England in 1973 when it promoted a 20-mile track race on the new track at Whitchurch in Bristol, which saw the future 1974 Rome European marathon fourth-placer Bernie Plain set a new UK all-comers' best.

On hearing the news of Bernard's death, Bernie, now a non-executive director Welsh Athletics, said: "I have the greatest admiration for Bernard. His organising ability was second to none. I am proud to call him a friend."

But it was the Nos Galan races in Mountain Ash that took pride of place in his vast list of achievements. He conceived it, he ran it in his own inimitable style for many years, and it was his.

Although the modern series of Nos Galan events start during the day and finish well before midnight, uniquely the original four mile race started in one year and finished in the next. This idea came from 1956 National (UK) Cross Country Champion Ken Norris, who had won the iconic Sao Paulo midnight race in Brazil in 1956.

Bernard and Ken first met at Merthyr AC's annual dinner, where Ken had been the guest speaker, and it was this first meeting that sowed the seeds of Nos Galan.

Modelled on the Sao Paulo event, Ken gave his winning trophy to Bernard for presentation to the winning team in the midnight race.

That first Nos Galan consisted of just two events: a 100-yard sprint in Oxford Street at 8pm and the midnight four mile race.

The events were confined to senior men, unlike today, and four of the best sprinters in Great Britain trotted out of Castree's men's shop for the first 100-yard race.

The winner was the afore-mentioned Peter Radford with Dave Segal second and local man Ron Jones, the future Welsh sprint star third. Ron would go on to be one of the mainstays of the sprint event and take the title on six occasions.

Said Ron: "I am desperately sorry to hear of Bernard's death. He was a personal friend and it was down to him that I started out as a sprinter."

Ron went on the captain Britain's Olympic team in 1968. The inaugural winner of the midnight race was one of Britain's leading middle distance stars at the time, Stan Eldon.

To maintain interest during the intervening hours after the 100-yard and up to start of the big race, Bernard hit on the idea of having a 'mystery runner' to run with a lighted torch from the graveside of Guto Nythbrân at Llanwonno Churchyard down into Mountain Ash, light a beacon outside the Town Hall and so signal the start of the midnight race.

Bernard had learned of the feats of Guto from one of his pupils at Mill Street School in the early 1950s so he decided that a mystery runner would represent the spirit of Guto's achievements 200 years earlier.

The list of mystery runners is a Who's Who of the greatest athletes ever produced by Britain including Olympic champions Lynn Davies, Linford Christie, David Hemery, Ann Packer, Mary Rand and world record holders Derek Ibbotson, Dave Bedford, Colin Jackson, Tony Simmons and Steve Jones.

Only someone with the guile and skill of Bernard Baldwin could persuade the 1964 Rome long jump champion and world record holder Mary Rand to run four miles at midnight in pouring rain!

"Nos Galan is one of the few events in Britain which has imagination and has a special brand of magic," said former world 10,000m record holder Dave Bedford after his victory in 1969.

In 1969, the mystery runner was Lillian Board, the 400m silver medallist from the previous year's Mexico Olympics. Like Mary Rand she had never run four miles before, but she took it in her stride and made a dazzling figure, all in white, as she ran down the mountainside from Llanwonno.

Her appearance in the event was again a tribute to Bernard's persuasive powers. The whole country mourned Lillian's death from cancer less than a year later.

The presentation ceremonies for the early Nos Galan races were in true Olympic fashion, and the idea of Olympic runners running through the streets of a mining town in south Wales, especially at midnight on New Year's Eve, caught the imagination of the press.

The event was carried in every major newspaper and on every television channel – such were the persuasive qualities of Bernard.

Bernard's enthusiasm for the event was almost to end in disaster in 1967, as rockets on the back seat of his car, due to be used to announce the arrival of the mystery runner at the Town Hall in Mountain Ash, exploded as he led the mystery runner down from Llanwonno.

The car was burned out and Bernard and Nos Galan treasurer Tom Lewis received serious body burns and were rushed to the special burns unit at Chepstow Hospital.

Fortunately, both recovered, but the ordeal had a lasting effect on both of them.

Bernard contributed far more to Welsh and UK athletics than his involvement in Nos Galan and the many other road race promotions he organised.

Between 1966 and 1975, he was secretary of the Welsh AAA and was awarded the MBE in 1971 for services to British athletics. He became the Welsh delegate to the BAAB, effectively the UK governing body and one of six national team managers, taking teams to all parts of the world. The Welsh AAA awarded him their Award of Honour in 1975.

He wrote or compiled numerous booklets and diaries on Welsh athletics, was Welsh correspondent to Athletics Weekly for 22 years, and for many years a prolific contributor on Welsh athletics to the Western Mail, South Wales Echo, South Wales Argus and Sunday Express, and a regular broadcaster on BBC Wales.

He was also the author of several books on the history of Mountain Ash.

To underline his boundless energy, he also found time to undertake public address duties at numerous athletics meetings in Wales – and type and run off on his ancient duplicating machine – the first Welsh Athletes' Best Performer lists produced by myself and Ken Bennett in 1963.

Underlining his all-round talent he played the cornet and trumpet, was an amateur magician, and a linguist speaking French and Russian.

Rhondda Cynon Taf Council granted him the Freedom of the County Borough in 2014, in recognition of his remarkable contribution to the world of athletics and Nos Galan.

Apart from his Welsh junior mile title, he was a very good middle distance runner.

He once told me that one of his greatest regrets was not finishing in the 1947 International Cross Country – the forerunner of the present day world championships – race in Paris. He had gained selection for the Welsh team by finishing an excellent second in the Welsh championships, more than a minute ahead of the future Olympic silver medallist Tom Richards, who was the first Nos Galan mystery runner in 1958.

Bernard was a remarkable man with ceaseless energy and we will not see his like again. He was 'Mr Welsh Athletics'.

Bernard is survived by wife Pat, daughter Alison and son-in-law David. Funeral arrangements will be announced shortly.

My memories of Bernard Baldwin

by Brian Lee

IN 1964, as a Roath (Cardiff) Harrier, I was invited by Bernard to open the proceedings of the famous Nos Galan annual road races.

The day's proceedings began when I left the City Hall, Cardiff, at 1.30pm on New Year's Eve with a message of goodwill from the Lord Mayor of Cardiff, Alderman W J Hartland.

I had to take this message – by running all the way to the Penriwceiber War Memorial, to Coun W Morgan, chairman of the Mountain Ash Council who read it to the crowd that had assembled.

As a long-distance runner, I was delighted that Bernard had chosen me, as the year before the 1948 Olympic Games marathon silver medallist Tom Richards had had the honour.

To follow in his footsteps, so to speak, was a real honour. Bernard was years ahead of his time and organised numerous races in the Valleys and was responsible for staging the 40-mile track race at Cardiff's Maindy Stadium – it is now held at Barry's Jenner Park.

He managed to attract world famous athletes as Nos Galan mystery runners and these included John Merriman, Martyn Hyman, Tom Richards, Derek Ibbotson and Bruce Tulloh – names that will be music to the ear of athletes of my time.

He also helped me to organise the Cardiff Roath Harrier 16-and-three-quarter mile road race in the late 1950s.

When I suggested a celebrity to start the race he said: "How about Sabrina?" Google the name if you haven't heard of her!

Like Clive Williams, I will always picture Bernard wearing his trench coat, loudhailer in hand.

Barry-born Bernard deserved the accolade 'Mr Welsh Athletics'.

Glamorgan GEM Readers' Letters Extra

Full picture needed on Cardiff Airport

I HAVE just read an online news item about Cardiff Airport which reports passenger members increasing in 2016 by 16 per cent.

Yes, fantastic news, but the item mentions nothing about the airport losses!

The business section of the Sunday Times (January 8) reports "Cardiff Airport lost almost £5m last year despite a 22 per cent increase in passengers, raising questions about the Welsh Governments's £52m purchase of the hub in 2013. Passenger numbers increased to 1.2m, but losses in the year to the end of March deepened from £3m a year earlier".

Why aren't we given the full picture?

Can we afford this white elephant?

Added to which, the T9 trundles along with an occasional passenger, incurring further losses.

Sybil Green,
Wenvoe.

Is the Government to blame for roundabout chaos?

ON a visit to Barry Island, we were greeted with what appeared to be hundreds of brightly-coloured cones adorning the junctions at Cosy Corner.

We wondered if it was just nicely decorated for the holiday season – or was it a new game set up for motorists called the 'Christmas Maze'?

Then we realised it was neither. This fiasco is designed by someone being paid to create a system that will cause chaos, mayhem and traffic jams, instead of alleviating the traffic at busy times.

A myriad of traffic lights will adorn the new estate on the island and they are now taking the place of two perfectly functional roundabouts that naturally keep traffic moving in all directions.

Why are roundabouts being removed and replaced by all these traffic light systems?

Surely this causes more pollution; they require energy to run, with maintenance costs too, inevitably ending up on your council tax bill.

It does make you wonder if this is a ploy by the Government to slow up all traffic, so that in time they can contemplate the congestion charge.

T Abery,
Barry.

Thousands line the streets to salute Wales' Euro 2016 stars

CONTINUING our look back at an amazing summer of Welsh football, the Wales team were given a 'heroes' welcome' when they returned home after their Euro 2016 semi-final defeat against Portugal. Photographer Glyn Evans was on hand to capture the team on their homecoming parade.

PHOTOGRAPHS by GLYN EVANS

OTHER PICTURES ARE AVAILABLE FROM THIS EVENT.

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ABOVE and RIGHT: The team took an open-top bus journey through Cardiff before their homecoming ceremony at the Cardiff City Stadium.

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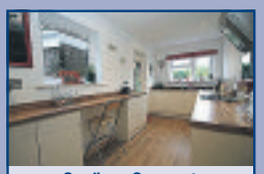

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Family Notices

ACKERMAN
Morgan (Morgie)

Taken from us too soon on January 4th at the University Hospital of Wales - Morgan, aged 16 years. An adored son of Leanne and Mark, much loved brother to Elle, special stepson to Darren and Sue, loving step brother of Eloise and Maisey. A cherished grandson to Helena and June.

"Morgie, you touched the hearts of many and will be so greatly missed by all who knew and loved you."

Morgan is in the care of Lyndsay Ellis @ The Vale Funeral Service, 181 Court Road, Barry until a celebration of his life at St Mary's Church, Holton Road, Barry on Saturday, January 21st at 10.30am, followed by cremation at Cardiff & Glamorgan Crematorium. Family floral tributes only, donations if desired may be made at the service to support Wish Upon A Star in memory of Morgan.

You are welcome to leave your personal memories and messages via Morgan's online tribute page at www.valefuneralservice.co.uk.

Family request that all who attend, please wear something blue.

TIPPLES
Vera (née Bevington)

Unexpectedly at Llandough Hospital on December 29, 2016, Vera aged 85 years. Beloved wife of Cliff, much loved mam of Julie, Sue, Bev and Alison, also a loved mother-in-law, nan and great nan.

Vera will be sadly missed by all her family and friends.

Resting at A.G. Adams Funeralcare until the service at St Mary's Church, Wenvoe on Tuesday, January 17, 2017 at 12 noon, followed by committal at Cardiff & Glamorgan Crematorium.

Family flowers only, donations in lieu if so desired for the RNIB c/o the funeral director.

PRIOR
Stephen John

Peacefully on January 2 at Marie Curie Hospice, Penarth with his family at his bedside, Stephen, a retired builder within Cardiff and the Vale. Loving husband to the late Susan. Much loved dad of Martyn and Nigel, Beloved father-in-law to Laura and an adored grampy to Anthony, Jessica, Molly and Tyron.

Stephen will be dearly missed by all who knew and loved him.

With special thanks to the staff at Marie Curie for their kindness and care given to Stephen in his time there. Resting in the private chapel of The Vale Funeral Service, 181 Court Road, Barry until his service at Cardiff and Glamorgan Crematorium on Friday, January 20 at 11am. Family flowers only, donations if desired, may be made at the service to support Marie Curie Hospice, Penarth in memory of Stephen.

PARKER
Dr Stuart James

Suddenly but peacefully on 29 December at Ty Gwyn Nursing home, Penarth. Dr Stuart James, aged 75 years, of Sully, previously of Barry. Dearly loved husband of Judith. A loved father of Simon, Sally and Amanda. Loving father-in-law and cherished grandfather of his eight grandchildren.

Stuart will be sadly missed by all of his family and friends.

Resting at A.G. Adams & Son Funeral Home, Gladstone Road, Barry. Committal service at Cardiff & Glamorgan Crematorium, Port Road East, Barry on Friday, 20 January at 3pm, followed by a service of Thanksgiving at Mount Pleasant Baptist Church, Cadoxton, Barry at 3.45pm. Family flowers only. If desired, donations to Parkinson's UK may be handed to the funeral director after the funeral.

HINTON
Sylvia Evelyn

Peacefully on 4 January 2017 at the University Hospital of Wales, aged 90 years. A much loved wife of the late Stan, beloved sister of Pat and the late Jack, Phyllis, Sid and Jean. Wonderful mum to Dianne, Janice, Stephen and mother-in-law to Alan and Shirley, also a special nana to all her grandchildren, great grandchildren and great great grandchildren.

Sadly missed but will be remembered always with love every day.

Resting at A.G. Adams Funeralcare until the service in the Chapel of Rest on Friday, 20 January 2017 at 10.30am, followed by interment at Barry Cemetery. Family flowers only, donations in lieu, if so desired for, Ty Hafan c/o the funeral director.

CASE
Sue

Peacefully on December 31st at the University Hospital of Wales, Sue, well known for her time at the Department of Health & Social Security within Cardiff. A much loved sister, aunty and friend.

She will be greatly missed by all who knew and loved her.

Sue is in the care of Lyndsay Ellis @ The Vale Funeral Service, 181 Court Road, Barry until a celebration of her life at Cardiff & Glamorgan Memorial Park, Port Road, Barry on Thursday, January 19th at 11am, followed by interment at Barry Cemetery.

Flowers may be sent to the funeral home, donations, if desired, may be made at the service or via Sue's online tribute page at www.valefuneralservice.co.uk where you are also welcome to leave your personal messages and memories. All donations received to support PDSA.

The family request colourful clothing (optional) to reflect on Sue's personality and character.

MORGAN
Frederick Llewellyn

Suddenly on January 2 at Llandough Hospital, after a short illness, Fred of St. Athan. Beloved husband of the late Joyce, dearly loved father of Pauline and Peter, father-in-law of Paul and Mel, much loved Ampy of all his grandchildren and great grandchildren.

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Tuesday, January 17, service and cremation 1.45pm at Coychurch Crematorium, Bridgend. Family flowers only may be sent to the funeral home, donations in lieu, if desired, to Cancer Research UK c/o J James, 11 Fonmon Road, Rhoose, Vale of Glamorgan, CF62 3DZ.

HUMPHREY
Ann Joyce

Peacefully on January 7 at Princess of Wales Hospital, Bridgend, Ann of Boverton, Llantwit Major. Beloved wife of Keith, dearly loved mother of Jonathan and Marc, dear mother-in-law of Katrina.

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Thursday, January 19, service and cremation 3.15pm at Coychurch Crematorium, Bridgend. Flowers may be sent to the Funeral Home or donations in lieu, if desired, may be sent to Cancer Research Wales c/o J James, 11 Fonmon Road, Rhoose, Vale of Glamorgan, CF62 3DZ.

CAIN
Eileen Annie

Peacefully on January 2 at Princess of the Wales Hospital, Bridgend, Eileen (nee Chappell) of St. Athan, beloved wife of the late Edwin, much loved mother, grandmother, great grandmother, sister and aunt.

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Friday, January 20, service and cremation 2.45pm at Coychurch Crematorium, Bridgend. Family flowers only may be sent to the funeral home, donations in lieu, if desired, to British Heart Foundation c/o J James, 11 Fonmon Road, Rhoose, Vale of Glamorgan, CF62 3DZ.

APLIN
Richard James

Passed away peacefully on Friday, 30th December at the Princess of Wales Hospital, Bridgend, surrounded by family, aged 30. Much loved fiancé of Abbie, son of Cliff and Nicola, brother of Matthew, uncle of George and Betsi and grandson of Sonia.

The funeral will be held at 11.45am on Thursday, January 19th at Holy Cross Church, Cowbridge, followed by a short service at Coychurch Crematorium. All welcome to celebrate Richard's life.

Family flowers only please.

WILLIAMS
Eric David

Suddenly but peacefully on 3rd January. Loving husband to Tessa, loving father to Dawn, Sian, Ceri and Nerys. Loving grandfather and great-grandfather.

Will be sadly missed by all who knew him.

Resting at Park Funeral Directors. Funeral service to take place at All Saint Church on Thursday, 19th January at 2pm, followed by committal at Cardiff and Glamorgan Crematorium, Port Road, Barry at 3pm. Family flowers only by request.

Donations, if desired, to Ty Hafan Childrens Hospice.

JONES
Valerie Mary *(previously Thomas)*

Peacefully at home on December 28th, Valerie, a Pharmacist for many years in Barry, was widow to the late Dr Peter Jones, and is survived by her daughters Katherine, Rebecca and Jennifer and granddaughter Charlotte.

Funeral service at Holy Trinity Presbyterian Hall on Monday, 16th January at 10am. Family flowers only. Donations in Valerie's memory may be made to Marie Curie, Bridgeman Road, Penarth, CF64 3YR.

MATTHEWS
Francis (Frank)

Peacefully after a short illness on Friday, 30th December. Loving husband of Carolyn. Loving father of Karen and Sian. Cherished grandfather of Blake, Jake, Samara and Alfie.

He will be sadly missed by all who loved and knew him.

A celebration of Frank's life will take place at Barry Memorial Hall on Friday, 20th January at 11am, followed by burial in Barry cemetery at 12.30pm.

No dark clothing please.

Family flowers only by request. Donations in memory of Frank to the Stroke Association may be made at the service or sent to the Funeral Directors.

Resting at Robert D. Johnson Funeral Directors, 29 Holton Road, Barry, 01446 733844.

FARRUGIA
Jane Samantha

Peacefully on January 4th at Marie Curie Hospice, Penarth. Jane, aged 36 years, after a courageous battle sadly passed away. Devoted wife of Steven, cherished mum to Ruben, Adam and Abi. Dearly loved daughter of Gwyn and the late Colin. Loving sister to Jason, Carl and Robert.

Jane will be dearly missed by all who knew and loved her.

Resting at The Vale Funeral Service, 181 Court Road, Barry until her service at St Helen's RC Church, Barry on Tuesday, January 24th at 10.30am, followed by committal at Cardiff & Glamorgan Crematorium, Port Road East, Barry.

Family flowers only, or donations, if desired, can be made online via Jane's online tribute page at www.valefuneralservice.co.uk where you are also welcome to leave personal messages and memories.

BARNES
Joyce Enid

Peacefully in her sleep at Llandough Hospital on Friday, 6th January 2017. Joyce (Nurse Barnes) of Yew Tree Court, Barry. Dearly beloved wife of the late Jack, much loved mum of Sara and the late Susan. Mother-in-law of Gary and Alvyn, adored nan of Stephen, Sarah, Ryan and Katie, great-nannie Joyce of Megan and Tomos.

Joyce will be sadly missed by all her loving family and many friends

Resting at A.G. Adams & Son Funeral Home, Gladstone Road, Barry until her funeral service in the chapel on Monday, January 23rd at 1pm, followed by cremation at the Cardiff & Glamorgan Crematorium, Barry at 2pm. Family flowers only but donations in lieu of flowers to Ty Hafan, The Children's Hospice in Wales, Appeals Office, Hayes Road, Sully CF64 5XX. Colourful attire preferred, black optional.

MOORE
Mary Agnes

Sadly Mary died on January 2nd at the University Hospital of Wales, following a long illness. Mary, dearly beloved wife of Gerald, loving mother of Geraldine, Anthony, Shaun and Kevin. Much loved mother-in-law of Rayann, Michelle, Jumei and Christopher. Adoring gran of Sophia, Matthew, Daniella, Daniel, Benjamin, Christian and Patrick, and a dear sister of Theresa.

Mary will be greatly missed by all who knew and loved her.

Our family would like to thank, with all our hearts, the caring nursing staff on Morfa Day Unit, Barry Hospital and the kind nursing staff from Care in the Vale. All of you helped us to keep mum at home, surrounded by her family whom she loved. The funeral will be held in Dublin on Saturday, January 14th. A Memorial Mass will be held in St Helen's Roman Catholic Church on Saturday, January 21st at 9am (where all are welcome).

Family flowers only please, but should you wish to donate in memory of Mary, the chosen charity is the Alzheimer's Society.

LYNCH
Thomas Frederick (Fred)

Peacefully fell asleep on December 20th at Llandough Hospital, aged 86. Formerly known from Barry, Mr Lynch will be sadly missed by his dearly-loved wife Lillian Lynch, family and friends.

Resting at Park Independent Funeral Directors, Barry until his funeral service on Friday, January 13th at The Cardiff and Vale Crematorium, Port Road, Barry 12pm. The family welcome flowers, if desired.

GRIFFITHS
Dorothy Edith (Dot)
(née Wride)

Peacefully on New Year's Day at her home in Barry, Dorothy, aged 88 years. Much loved wife of the late Harry (Chick). Cherished mother to Russell, Chris, Helen, Lyndon and Tim. Adored grandmother and great grandmother who will be sadly missed by her brother Fred, her family and friends.

Resting at A.G. Adams Funeralcare, Gladstone Road, Barry until the service in the funeral home chapel on Thursday, 19th January at 11am, followed by cremation at the Cardiff & Glamorgan Crematorium, Barry.

Family flowers only please, donations if desired for Marie Curie Cancer Care (Holme Tower) may be forwarded to the funeral director.

NASH
Linda

Suddenly on January 10th at the University Hospital of Wales - Linda, aged 50 years, a well-known skittler of The Castle Bandits and a respected member of Parkside Church, Barry. Dearly loved mum of Matthew, Nathan and Daniel. Loving daughter to Pauline and Robert, special step-daughter of John, cherished nan to Lola.

Linda will be greatly missed by all her family and many friends.

Resting in the private chapel of The Vale Funeral Service, 181 Court Road, Barry until her service at Mount Pleasant Baptist Church, Cadoxton, Barry on Wednesday, January 25th at 9.45am, followed by cremation at Cardiff & Glamorgan Crematorium. Family flowers only. Donations, if desired, may be made at the service or via Linda's online tribute page at www.valefuneralservice.co.uk where personal messages may also be left.

The family request that everyone wear something red.

Acknowledgment

EVANS
Meirion

Tina Evans and her sister Jean Irving would like to thank the many friends who sent letters and cards of condolence during their recent bereavement.

The funeral at Trehill Church, St Nicholas and at Coychurch Crematorium on 22 December 2016 was so well attended, Meirion would have been overwhelmed. We would like to thank Rev Prof John Heywood Thomas and the Venerable William P Thomas for conducting such heartfelt services and Gwyn Morgans for playing the organ so beautifully. Also W James & Sons, Funeral Directors for their professional, caring and personal manner throughout the day.

In Memory

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Bill

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Birthdays

70 ◆ 70 ◆ 70 ◆ 70 ◆ 70 ◆ 70 ◆ 70 ◆ 70

Happy 70th Birthday
Glyn Evans
on **17th January**
Have a great day!
All my love, Jan,
and love from all the family
xxx

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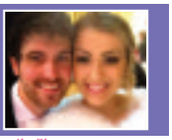
LOOK WHO'S 50
JULES TEAGUE
Who's nifty at 50!

Wishing you a wonderful 50th birthday on 10 January.
We love you so much
Sam, Jess, Karl, Rosie and all your family and friends xxxx

Engagement

Mr & Mrs David James are proud to announce the engagement of their son

Nathan James
To
Shannen Leigh Baillie



Welcome to the family Shannen.
Wishing you both every happiness for the future.
With love from all your family & friends xxx.

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Thank You

THANK YOU

Following a recent incident at her home in East View, Llandow, Daphne would like to thank all her family and friends for their continued support and help, and also the kind words and generosity shown by the villagers of Llandow, which is greatly appreciated.

Daphne would also like to thank the fire crews and other emergency services that attended the scene, for their prompt response and professionalism shown to ensure the fire was contained and no-one was hurt.

Daphne is truly thankful and very grateful to all that have supported her, and is looking forward to returning to the village in the near future.

Thank you
DAPHNE WILLIAMS

Public Notices

NOTICE OF MAKING OF AN ORDER
HIGHWAYS ACT 1980
THE VALE OF GLAMORGAN COUNCIL
(PUBLIC FOOTPATH NO 48 ST BRIDES MAJOR)
PUBLIC PATH DIVERSION ORDER 2016

The above Order, made on 28 December 2016, under Section 119 of the Highways Act 1980, will divert the public footpath to the east of Portobello House from a line running from NGR 287389 176272 to the adopted highway, NGR 287758 176460 to a line running from NGR 287389 176272 to the adopted highway, NGR 287562 176249 as shown on the Order map.

A copy of the Order and the Order map have been placed and may be seen free of charge at The Docks Office, Barry Docks, Barry, Vale of Glamorgan, CF63 4RT, during normal office hours. Copies of the Order and Order map may be bought there at the price of £4.50.

Any representations about or objections to the Order may be sent in writing to the Head of Regeneration and Planning, Docks Office, Barry Docks, Barry, Vale of Glamorgan, CF63 4RT not later than the 9 February 2017. Please state the grounds on which they are made.

If no such representations or objections are duly made, or if any so made are withdrawn, The Vale of Glamorgan Council may confirm the Order as an unopposed Order. If the Order is sent to the Welsh Ministers for confirmation any representations and objections which have not been withdrawn will be sent with the Order.

Dated: 12 January 2017

HYSBYSIAD GWNEUD GORCHYMYN DEDDF PRIFFYRDD 1980
CYNGOR BRO MORGANNWG
(LLWYBR CYHOEDDUS RHIF 48 SAINT-Y-BRID)
GORCHYMYN DARGYFEIRIO LLWYBR CYHOEDDUS 2016

Bydd y Gorchymyn hwn, a wnaed ar 28 Rhagfyr 2016, dan Adran 119 Deddf Priffyrdd 1980, yn gwyro'r llwybr cyhoeddus i'r dwyrain o Portobello House o linell sy'n mynd o bwynt Cyfeirnod Grid Cenedlaethol 287389 176272 at y briffordd fabwysiedig, Cyfeirnod 287758 176460 hyd at linell sy'n mynd o bwynt Cyfeirnod 287389 176272 at y briffordd fabwysiedig, 287562 176249 fel y dangos ar fap y Gorchymyn.

Mae copi o'r Gorchymyn a map y Gorchymyn wedi eu gosod a gellir mynd i'w gweld yn rhad ac am ddim yn Swyddfeydd y Dociau, Dociau'r Barri, Y Barri, Bro Morgannwg, CF63 4RT yn ystod oriau swyddfa arferol. Gellir prynu copïau o'r Gorchymyn a map y Gorchymyn ymo am £4.50.

Gellir anfon unrhyw sylwadau am neu wrthwynebiadau at y Gorchymyn yn ysgrifenedig at Bennaeth Adfywio a Chynllunio, Swyddfeydd y Dociau'r Barri, Y Barri, Bro Morgannwg, CF63 4RT nid hwyrach na 9 Chwefror 2017. Nodwch ar ba seiliau rydych yn eu gwneud.

Os na ddaw unrhyw sylwadau na gwrthwynebiadau i law, neu os cânt eu tynnu'n ôl, caiff Cyngor Bro Morgannwg gadarnhau'r Gorchymyn fel un nas gwrthwynebir. Os anfonir y Gorchymyn at Weinidogion Cymru i'w gadarnhau, caiff unrhyw sylwadau neu wrthwynebiadau nas tynnwyd yn ôl eu hanfon â'r Gorchymyn.

Dyddiad: 12 Ionawr 2017

NOTICE OF MAKING OF AN ORDER
HIGHWAYS ACT 1980
THE VALE OF GLAMORGAN COUNCIL
(PUBLIC FOOTPATH NO 50 ST BRIDES MAJOR)
PUBLIC PATH CREATION ORDER 2016

The above Order, made on 28 December 2016, under Section 26 of the Highways Act 1980, will create a public footpath from the adopted highway, B4524 (NGR 287574 176244) to the adopted highway, B4524 (NGR 288309 176872) as shown on the Order map.

A copy of the Order and the order map have been placed and may be seen free of charge at The Docks Office, Barry Docks, Barry, Vale of Glamorgan, CF63 4RT during normal office hours. Copies of the Order and Order map may be bought there at the price of £4.50.

Any representations about or objections to the Order may be sent in writing to the Head of Regeneration and Planning, Docks Office, Barry Docks, Barry, Vale of Glamorgan, CF63 4RT not later than the 9 February 2017. Please state the grounds on which they are made.

If no such representations or objections are duly made, or if any so made are withdrawn, The Vale of Glamorgan Council may confirm the order as an unopposed Order. If the Order is sent to the Welsh Ministers for confirmation any representations and objections which have not been withdrawn will be sent with the Order.

Dated: 12 January 2017

HYSBYSIAD GWNEUD GORCHYMYN DEDDF PRIFFYRDD 1980
CYNGOR BRO MORGANNWG
(LLWYBR CYHOEDDUS RHIF 50 SAINT-Y-BRID)
GORCHYMYN CREU LLWYBR CYHOEDDUS 2016

Bydd y Gorchymyn hwn, a wnaed ar 28 Rhagfyr 2016, dan Adran 26 Deddf Priffyrdd 1980, yn creu llwybr cyhoeddus o briffordd fabwysiedig B4524 (Cyfeirnod Grid Cenedlaethol 287574 176244) at briffordd fabwysiedig B4524 (Cyfeirnod 288309 176872) fel y nodir ar fap y Gorchymyn.

Mae copi o'r Gorchymyn a map y Gorchymyn wedi eu gosod a gellir mynd i'w gweld am ddim yn Swyddfeydd y Dociau, Dociau'r Barri, Y Barri, Bro Morgannwg, CF63 4RT yn ystod oriau swyddfa arferol. Gellir prynu copïau o'r Gorchymyn a map y Gorchymyn ymo am £4.50.

Gellir anfon unrhyw sylwadau am neu wrthwynebiadau at y Gorchymyn yn ysgrifenedig at Bennaeth Adfywio a Chynllunio, Swyddfeydd y Dociau'r Barri, Y Barri, Bro Morgannwg, CF63 4RT nid hwyrach na 9 Chwefror 2017. Nodwch ar ba seiliau rydych yn eu gwneud.

Os na ddaw unrhyw sylwadau na gwrthwynebiadau i law, neu os cânt eu tynnu'n ôl, caiff Cyngor Bro Morgannwg gadarnhau'r Gorchymyn fel un nas gwrthwynebir. Os anfonir y Gorchymyn at Weinidogion Cymru i'w gadarnhau, caiff unrhyw sylwadau neu wrthwynebiadau nas tynnwyd yn ôl eu hanfon â'r Gorchymyn.

Dated: 12 January 2017

LICENSING ACT 2003
Section 17 (5)
Notice of Application for a Premises Licence
NOTICE IS GIVEN THAT
An application has been made to Bridgend County Borough Council (the Licensing Authority) for a **PREMISES LICENCE** To permit licensable activities which it is proposed will be carried on, on or from the premises shown below.
Details of the application may be inspected between the hours of : Monday to Thursday 0830 to 1700 hours and Friday 0830 to 1630 hours at Civic Offices, Angel Street, Bridgend, CF31 4WB or by visiting the authority's website: www.bridgend.gov.uk.
Any responsible authority or any other person may make representations in respect of the application, which must be submitted, in writing, to the following address before the date shown below:-
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Sunday 12.00 - 23.00
Boxing Day 11.00 - 01.00
New Year's Eve 11.00 - 01.00
DATE BY WHICH REPRESENTATIONS MUST BE MADE: 31/01/2017
This notice remains in force from and including the day after the giving of this notice to the licensing authority, namely 03/01/2017 for 28 consecutive days. It is an offence knowingly or recklessly to make a false statement in connection with an application.
The maximum fine on summary conviction is £5,000.
(1) *This must include details of activities, type of entertainment and appropriate days and times.*

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Spoils shared as Barry Town draw with Penybont

Louis Gerrard lines up a free-kick.

IT was billed as the Welsh League's match of the weekend and despite the goals coming relatively early, Barry Town's Division One clash with hotly-tipped Penybont proved a compelling affair, with the spoils shared at Jenner Park in a keenly-contested 1-1 draw.

The Town players celebrate their goal. Picture by Same Old Smith Photography and Video.

With an action-starved crowd of 485 witnessing a first home match since November 19, the roof was raised in the 11th minute as Louis Gerrard curled a fine free-kick into the top corner, the midfielder scoring his second goal of the campaign to put Barry a goal to the good.

Rhys Griffiths' visitors though had little intention of rolling over and the Town's slender advantage would last for a mere matter of minutes before Joe Hopkins pulled Penybont level, beating goalkeeper Mike Lewis for only the ninth time in Barry's 13 Welsh League outings to date.

With both teams carving out opportunities to go on and win the game, with Penybont might have been most disappointed to not turn their possession and attacking territory into a full three points, although Barry had the better chances in a hard-fought second half, spurning one attempt from six yards out and seeing another set piece deflected agonisingly into the side netting.

Left to settle for the single point, Barry remain unbeaten at Jenner Park in First Division play, with Cwmbran Celtic next to challenge their record on Saturday, February 4.

This coming Saturday meanwhile sees the Town travel to former champions Monmouth Town, in a 2pm kick-off.

Tickets for the forthcoming Nathaniel MG Cup final against The New Saints are still on sale, available to collect from the Jenner Suite this and next Thursday between 6pm and 8pm.

Prices are £7 (adults) and £3 (concessions), with tickets sold in advance of the final (to be played at Cardiff Met FC, a 5.15pm kick-off on Saturday, January 21) providing the club with a percentage kickback from the Football Association of Wales.

AC

YMCA GYMNASTS SHINE AT CHAMPIONSHIPS!

THERE was absolute delight at YMCA Barry Gymnastics Club when its youngest female gymnasts competed at the annual South Central Wales five, six and seven years and Preparation Grade Championships.

Twenty-two gymnasts entered from YMCA Barry and fantastically every gymnast came home with at least one medal.

In the youngest five year old category, the YMCA Barry gymnasts made a big impact and even at their young age behaved impeccably and smiled throughout.

The gymnasts received countless top six placings on all apparatus with Lellie and Hollie receiving third overall and Charlie second overall.

YMCA Barry entered two teams into this category with the team consisting of Caitlyn, Islah, Soron and Freya winning team bronze and the team of Charlie, Lellie, Hollie, Olivia and Isla became the five year old Team Champions.

A special mention to Lellie, Isla and Freya who actually competed in the five year old competition a year early at only four years old.

In the six year old championships Katie, Lacey and Taya performed brilliantly in their first ever competition, with all three receiving apparatus top six awards.

The girls worked hard to earn the fantastic team bronze for YMCA Barry. The seven year old team again demonstrated excellent routines with again Melissa, Aliya, Casey and Ruby all coming away with apparatus awards and narrowly missed out on a team medal.

The Preparation Grades consist of extremely demanding routines which prepare younger advanced gymnasts towards higher level competitions.

In Preparation Grade 7, six year olds Nia, Lottie and Azaria performed beautiful routines and they received medals and ribbons on every piece of apparatus.

A few highlights included Azaria becoming the Bars Champion and Nia the Vault and Range & Conditioning Champion These fabulous results were topped by the overall and team results, where Azaria was fourth, Lottie third and Nia second overall and became the Preparation Grade 7 team champions!

Everyone agreed that at such a young age, their performances were fantastic and demonstrated maturity beyond their years.

Our final competition of the day was the Preparation Grade 6 Championships where seven year olds Millie, Rosie and Emmy had a big task against a high level of competition.

All three girls performed challenging routines with new moves on all apparatus which were performed without mistakes.

Again, all three girls gained apparatus medals and ribbons on all pieces with Millie receiving fourth overall and the three girls becoming the Team Preparation Grade 6 champions.

A big congratulations to all of the girls who competed and made the club extremely proud.

Finally to round off 2016 for the female competitive gymnastics squad, Millie Williams gained a prestigious place in the Welsh development squad.

The development squad consists of those with the potential to compete at Wales highest gymnastic level where Millie will train alongside the Welsh national coaches for the next six months.

Does your son or daughter want to try something new in 2017? YMCA Barry have classes in female, male and rhythmic gymnastics, as well as cheerleading and trampolining classes.

For more information follow YMCA Barry on social media @ymcabarry, call 01446 724000 or email sophie@ymcabarry.org.uk.

SE

Sully View's tough test against Ferndale

WITH Sully View RFC having not played for a month, and then only one game in over two months, the trip to league leaders Ferndale promised to be a hard test.

The hosts stood top of the pile with a 100 per cent record – six bonus points wins out of six league games, including the season's opening day 26-10 win at Sully.

The first half was a tough and even contest, and Sully were first on the scoreboard with a Dai Harris penalty, only for Ferndale to sneak into a halftime lead with an unconverted try.

The second period turned into a disaster, and although Ferndale had two players red-carded – one for stamping and one for punching – their three-quarters were clinical with all their possession, cutting the Sully defence to ribbons.

The View's only consolation for all their hard work was a converted try, lock Alex Schucnik finishing off a great period of open play in which virtually the whole team was involved in a great inter-passing move, and Harris added the conversion.

The next fixture is on Saturday, January 14, and will see Sully View travel to Llandrindod Wells.

The next club reunion night will be held at the Market Street Club on Friday, January 27, and past and present players/members are welcome for an easy-going social night.

As at every reunion so far, new faces appear, adding to the font of friendships, and the songs, stories, and memories, of the 'better' times gone by.

Again the reunion will raise money for a local charity, as identified by, and closely connected to, the players themselves.

MJS

New year, new fortunes as the Barry Seconds earn away win

BARRY RFC second XV was hoping that the new year will bring renewed fortunes on the pitch, starting with this encounter against Cardiff Quins' second XV.

In manager Ken Chow's last game in charge, coach Rhidian Scott was able to field a side featuring no withdrawals, a rarity this season.

He was also able to welcome back experienced centre Dave Provis to partner Luke Bounds in midfield, and also Owain Poole in the back row.

The better preparations off the field were reflected on the field, as Barry took the game to the opponents right from the off.

Dominating possession and territory, with strong runners that the Quins' defence were struggling to contain, it seemed only a matter of time before Barry would open the scoring.

After a kickable penalty opportunity has been spurned, Barry began to fall foul of the referee's whistle due to differences in interpretation in the contact area, and the home side began to grow in confidence.

Indeed the Quins scored twelve unanswered points in the period leading up to half-time, with the Barry management bewildered with some of their team's decision making and poor kicking.

Scott laid into his team at the interval and the result was instantaneous.

From the kick off, the ball was fielded by Deyes, spread out wide by captain Joel Williams, and the combination of Provis with Garth Peake saw Bounds finishing an end-to-end move for the visitor's first score. Dylan Robertson added the extras.

With the momentum now firmly behind them Barry put their opponents under immense pressure. Opting to keep the ball in hand as supposed to kicking aimlessly, the away side were begin to find holes in the home defence as the Quins visibly tired.

Action from Barry RFC seconds' game against Cardiff Quins seconds. Picture by Howard Poole.

After a period of sustained pressure it was down to Jamie Oaten to crash over for a well-deserved try. The conversion was missed but the scores are now level.

With the home side down to 14 men following their own run-in with the official, Barry sensed that the game was there for the taking and turned the screw. After a move behind a set scrum came to apparently nothing, the green-and-whites recycled the ball and it was left to Jake Goodfellow to show immense strength to power across the line to score. Robertson added the extras.

The Quins brought on reinforcements to stem the green and white tide but it was too late.

Another strong, probing run from Provis should have ended up with him scoring, but after he was thwarted by a superb last ditch tackle, Oaten was on hand to cross for his second try of the game. Robertson's conversion put Barry 14 points clear.

The home side did respond with an unconverted try late on, but despite a spirited assault on the Barry line, they were denied by some brilliant collective defensive work by the visitors who closed out the game 26-17.

The second half comeback by Barry showed the spirit and class of this group of players, and underlines the necessity of good preparation for positive results on the pitch.

Barry second XV return to action this weekend at home to Llanrumney in the Mallet Cup.

Team: Robertson; F Peake, Provis, Bounds, G Peake; J Williams (c), Busuttil; Hall, Evans, Corne; Deyes, M Williams; Poole, Goodfellow, Oaten. Replacements: Fortt, Ashill, Jones, Gill. Man-of-the-match: Provis.

KC

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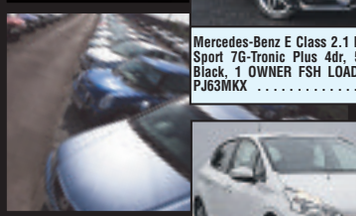
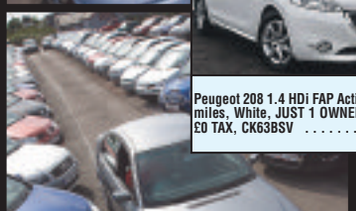


Mercedes-Benz E Class 2.1 E250 CDI AMG Sport 7G-Tronic Plus 4dr, 55,000 miles, Black, 1 OWNER FSH LOADED FACELIFT, PJ63MKX £17,795

Vauxhall Mokka 1.7 CDTi ecoFLEX 16v SE 5dr (start/stop), 70.6MPG 36,000 MLS, White, FSH 1 OWNER, DN14AVT .£10,995

Mitsubishi Shogun 3.2 DI-DC Elegance 5dr (LWB), Green, FMDSH WITH NAV, WU07TKE £9,995

BMW 3 SERIES 3.0 330d M Sport Touring Sport Auto xDrive 5dr (start/stop), 1 OWNER, 28,000 Miles, White, DY63JHJ £22,495



Peugeot 208 1.4 HDi FAP Active 5dr, 76,000 miles, White, JUST 1 OWNER FSH 83 MPG £0 TAX, CK63BSV £5,495

Mercedes-Benz B Class 1.8 B200 CDI Sport 5dr, 11,000 miles, Red, EXCEPTIONAL NAVIGATION MEDIA, BF63OGZ . . .£14,495

Toyota RAV4 2.0 D-4D XT4 5dr, Green, BIG SPEC : 1 PREV OWNER:LTHR, WJ05EEG. £3,995

Suzuki Grand Vitara 1.6 Attitude 3dr, Blue, LIMITED EDITION FSH 5 X STAMPS, FG08RXV £3,995

Jaguar XJ 3.0 TD Premium Luxury 4dr, FSH EXCEPTIONAL LWB, 39,000 Miles, Silver, RV62HMO £21,995

BMW 5 SERIES 3.0 530d M Sport 4dr, FSH NAVI LTHR XENON, 28,000 Miles, Grey, YC61LUE £18,995

Mercedes-Benz C Class 6.3 C63 AMG MCT 7S 4-MATIC 4dr, 22,000 miles, Silver, 22,000 MILES FSH NAVI SUNROOF, YJ13RNU £22,995

Volkswagen Golf 2.0 TDI BlueMotion Tech GTD 3dr, 1 OWNER NAVI 76.3 MPG £20 TAX, 70,000 Miles, Grey, SA64BZR £14,995

Volkswagen Golf 2.0 TDI GTD 5dr, 56,000 miles, Black, FSH 1 PREV OWNER, FG11AVV £11,495

Volvo XC60 2.4 D5 R-Design Geartronic AWD 5dr (start/stop), 86,000 miles, Red, 1 OWNER FSH NAVIGATION LEATHER, ND12FJC £13,990

Volkswagen Scirocco 2.0 TDI BlueMotion Tech DSG 3dr, 38,000 miles, Blue, F S H NAVI LEATHER, KV13ZNE £12,995

Vauxhall Astra 2.0 CDTi 16v SRi 5dr, Blue, JUST 45,000 MILES: 61.4 MPG £5,795

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53 BENTLEY Arnage 6.8 Twin Turbo R Auto In peacock blue with cream hide, 50,000 miles from new.....**£29,995**

59 RANGE ROVER Sport 3.0 TDV6 HSE Auto In silver with black trim, 86,000 miles **£18,995**

61 FORD S-Max Titanium X 2.2 TDCi Sport In midnight sky, 26,000 miles, 7 seater diesel.....**£16,995**

61 BMW 320D Sport Auto In black with leather trim, 18,000 miles, host of extras **£15,995**

59 BMW Z4 5 Drive 35i Auto In met-grey with leather trim, 59,000 mile convertable at **£13,995**

13 VOLKSWAGEN Passat CC Blue Motion-Tech 2.0 TDi Automatic In black, only 19,000 miles....**£13,495**

96 JAGUAR XK8 Automatic In met-green with cream leather, only 23,000 miles from new, superb example **£12,995**

14 FORD B-Max 1.0 Titanium In blazer blue, 18,000 miles, under ford warranty **£9,495**

59 MERCEDES C180 CGI Blue Efficiency SE Auto In palladium silver, only 38,000 miles, bluetooth, p/s etc **£9,495**

61 NISSAN Juke Tekna 1.6 DIG-T In met silver, 37,000 miles with sat-nav **£8,995**

61 SKODA Yeti 2.0 Diesel SE+TDi 4x4 In pacific blue, 77,000 miles, 1 owner **£8,995**

06 RANGE ROVER 3.0 Vogue Diesel Auto In met-blue with grey leather, lots of extras .....**REDUCED BY £1000 TO £8,995**

65 VAUXHALL Corsa 1.4 Limited Edition 3-Dr In red with black roof, 13,905 miles, 1 owner **£8,695**

62 VOLKSWAGEN Jetta 1.6 Diesel Automatic Blue Motion SE In met-grey, 55,000 miles, 1 owner.....**£8,495**

11 NISSAN Qashqai 1.5 DCi Accenta In met-burgundy, 47,000 miles from new.....**£8,495**

10 FORD S-Max 2.0 TDCi Zetec Automatic In black, 68,000 miles, diesel 7-seater **£8,495**

14 RENAULT Clio 1.5 DCi Dynamique Media Nav 5-Dr In silver, 39,000 miles, free road tax.....**REDUCED TO £7,995**

63 VOLKSWAGEN Polo 1.2 Match 5-Dr In silver, 10,000 miles, 1 owner **£7,995**

62 VAUXHALL Insignia 2.0 Diesel SE Nav Automatic In very berry, 57,000 miles **REDUCED BY £1000 TO** **£7,995**

62 CITROEN DS3 D Sport Plus 1.6 THP In white with black roof, 48,000 miles, full leather trim.....**£7,995**

12 MINI Cooper 1.6 In white silver with black roof, 23,000 miles. ..... **REDUCED BY £1000 TO £7,995**

12 VAUXHALL Insignia 2.0 CDTi Exclusive Diesel Estate In silver, 43,000 miles.....**£7,995**

10 SKODA Yeti 1.2 TSi SE In aqua blue, 46,000 miles, practical hatch **£7,995**

09 MAZDA MX5 1.8i Roadster Coupe In true red, 48,000 miles, solid roof convertible **£7,995**

13 PEUGEOT 3008 Aless HDi 5-Dr In met red, 29,000 miles **£7,695**

63 VAUXHALL Astra 1.6 SE 5-Dr In white, 29,000 miles, a/c alloys etc **£7,695**

14 VAUXHALL Adam Glam 1.4 In very berry with cream roof, 25,000 miles, 1 owner, bluetooth, pan roof etc **£7,595**

64 SUZUKI Swift 1.2 SZL 3-Dr In black with white roof, 19,000 miles, 1 owner **£7,495**

63 CITROEN DS3 1.6 HDi Style-E In encre met with white roof, 52,000 mile diesel hatch, free road tax **£7,495**

62 VAUXHALL Astra 1.6 CDTi Tech-Line Estate In red, 46,000 miles, £30 road tax **£7,495**

62 SUZUKI Swift Sport 1.6 In met-red, 24,000 miles, 1 owner, very sporty.....**£7,495**

63 VAUXHALL Zafira Exclusiv 1.6 In royal blue, 26,000 miles, very reliable 7 seater family car **£6,995**

63 FORD Fiesta 1.5 TDCi Zetec 3-Dr In black, 56,000 miles. 1 owner, free road tax **£6,995**

11 CITREON C4 VTR 1.6 HDi Automatic In silver, 33,000 miles with panoramic roof.....**£6,995**

60 PEUGEOT 5008 Sport 1.6 Diesel 7-Seater In met-grey, 58,000 miles **£6,995**

12 FORD Focus 1.6 Titanium 5-Dr In silver, 70,000 miles, nice example .....**REDUCED BY £500 TO £6,495**

62 FORD Fiesta 1.2 Zetec 5-Dr In white, 32,000 miles, with a/c alloys etc **£6,495**

12 MERCEDES A160 Blue-Efficiency Avant Garde SE In met blue, 54,000 miles, fantastic value **£6,495**

11 SKODA Octavia 1.4 TSi Elegance 5-Dr In silver, 48,000 miles, 2 owners.....**£6,495**

66 SUZUKI Celerio SZ2 1.0 5-Dr In white, only 675 miles, one owner, low insurance, as new ..**£5,995**

63 VAUXHALL Corsa 1.2 Energy 3-Dr In white, 20,000 miles, one owner **£5,995**

62 SKODA Rapid SE TSi 5-Dr In white, 59,958 miles, very nice example at **£5,995**

61 SKODA Fabia 1.6 Diesel SE TDi 90 Estate In crystal, 30,000 miles, superb example **£5,995**

61 CITROEN DS3 1.6 HDi Style In white with black roof, 73,000 miles, diesel, free road tax **£5,995**

10 VOLVO C30 R-Design 2.0 Diesel In met grey, 68,000 mile coupe .....**REDUCED TO £5,995**

60 SEAT Leon 1.2 TSi 'S' 5-Dr In black, 43,000 miles. Good looking car **£5,995**

11 CITROEN C3 Picasso 1.6 HDi Exclusive In met-grey, 63,000 miles.....**£5,695**

61 RENAULT Clio 1.6 GT Line VVTi Automatic In blue, 16,000 miles, with sat-nav **£5,495**

10 FORD Fiesta 1.4 Edge Automatic 5-Dr In mulbury metalic, 41,000 miles **£5,495**

09 FORD Fiesta 1.4 Titanium 3-Dr Automatic In hot magenta, 53,000 miles **£5,495**

56 MERCEDES E320 CDi Elegance Auto In met-blue, 89,000 miles, diesel saloon **£5,495**

11 MAZDA 2 Sport 1.5 3-Dr In spirited green, 74,000 miles, very nice throughout.....**£4,995**

10 HYUNDAI i20 Comfort 1.4 Automatic 5-Dr In red, 38,000 miles **£4,995**

59 VOLKSWAGEN Passat High Line 2.0 TDi Automatic In met-grey with black leather trim, 88,000 miles **£4,995**

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10 RENAULT Megane Dynamique 1.6 5-Dr In extreme blue, 57,000 miles, bluetooth, alloys etc **£4,295**

08 HONDA Jazz 1.4 SE Automatic In met-blue, 36,000 miles, very nice example..... **£4,295**

08 VOLKSWAGEN Eos 2.0 Convertable In black, 79,000 miles, 4 seater with solid roof **£4,295**

60 CITROEN C1 VTR+ 5-Dr In red, 46,000 miles, low insurance and road tax **£3,995**

09 SEAT Ibiza 1.2S 3-Dr In nayara blue, 55,000 miles, low insurance..... **£3,995**

08 CITROEN C4 Picasso 1.6 Diesel VTR Auto In met muave, 85,000 mile 7-seater **£3,995**

09 FORD Focus 2.0 TDi 136 Zetec Automatic Estate In met-blue, ideal family estate at .. **£3,695**

07 PEUGEOT 207CC 1.6 Automatic In silver with black leather, 31,000 mile convertable at .. **£3,695**

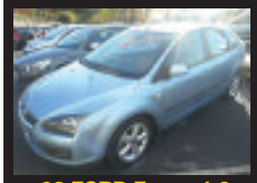
06 SAAB 93 Linear 2.0 Convertable (150) In black with cream leather, 66,000 miles..... **£3,495**

58 FIAT 500 1.2 In mama blue, with glass roof and alloys, £30 road tax **£3,295**

59 HYUNDAI 110 Classic In alpine blue, 53,000 miles, 1 owner, £30 road tax **£2,995**

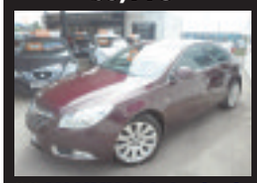
08 MITSUBISHI Colt 'Black Hawk' 1.5 Turbo In black with black leather, 69,000 miles..... **£2,695**

06 FORD Focus 1.6 Zetec 5-Dr In met-blue, 64,000 miles, a/c, alloys..... **£2,295**



06 FORD Focus 1.6 Zetec 5-Dr
In met-rblue, 64,000 miles, a/c, alloys
£2,295

63 VAUXHALL Zafira Exclusiv 1.6
In royal blue, 26,000 miles, very reliable 7 seater family car
£6,995



62 VAUXHALL Insignia 2.0 Diesel SE Nav Automatic
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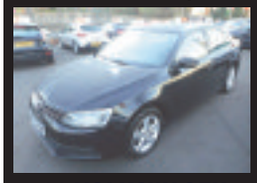
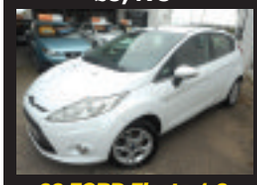


62 VOLKSWAGEN Jetta 1.6 Diesel Auto Blue Motion SE
In met grey, 55,000 miles, 1 owner
£8,495



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RUGBY IS REPLAYING THE US BASEBALL 'MIDGET' SCANDAL

Tackle laws need an urgent rethink – by Philip Irwin

WRITING a headline like the above has its own pleasures, but then you have to justify it, so bear with me a moment while I tell you the story of Bill Veeck.

Bill was a showman who owned a US Major League baseball club, the St Louis Browns.

He was an entrepreneur, given to outrageous publicity stunts – the Donald Trump of his day – and his most famous stunt involved signing a midget, Eddie Gaedell, to play for his team.

Why? Well Bill had spotted a loophole in the rules. A baseball pitcher has to aim at a target area – no higher then the batter's shoulders, and no lower than the knees.

Fire three pitches into this area without the batter getting a clean hit and it's a case of 'three strikes and you're out'.

Conversely, throw four pitches outside the strike zone, and the batter gets a walk to first base. This can be a big deal for the batting side if they have a runner on third base, because he strolls to home plate to score.

Some players specialise in this high pressure situation, and are known as 'pinch hitters'.

So, in Eddie Gaedell's first and only major league game, he was sent on to pinch hit – and all hell broke loose.

You see, Bill Veeck had instructed Eddie, who had never played baseball in his life, to lean forward, crouch, and on no account attempt to hit the ball.

He even told Eddie that he had stationed snipers on the stand roof with orders to shoot him if he disobeyed instructions. (It's generally accepted that Bill was joking about this!)

The poor pitcher, Bob Cain, found himself presented with a target area of about six inches and, not surprisingly, his first two pitches were too high.

His second two were just thrown in the air in disgust and Eddie moved on to first base, where he was immediately replaced by a long-legged sprinter.

The repercussion was that the baseball commissioners went ballistic, banned Eddie, and changed the rules so that it could never happen again.

Eddie didn't make anything of his 15 minutes of fame, and drank himself into an early grave at the age of 36. The only baseball person who attended the funeral was Bob Cain.

Looking at this through present day eyes, it is also very sad that the scandal was the abuse of baseball's rules, rather than the mistreatment of a person of restricted height.

So, why did this bizarre scandal come to mind when Scarlets played Ulster last Friday?

Well, if you haven't already guessed, it was Scarlets' match-winning penalty try, awarded after scrum-half Aled Davies darted for the line from five yards out, and was ruled to have been high tackled. Actually, it was 50 per cent a dart and 50 per cent a dive. A couple of steps in a crouched position, prior to launching himself in a dive for the line.

There was nothing new in this tactic. Ever since it was realised that small, slippery characters were best suited to the scrum half position, famous names from Dickie Jeeps to George Gregan have scored tries in this manner.

It carries an element of risk, of course, because if a defender reads your mind, you might find yourself diving into a brick wall – and that is what happened to Aled Davies.

If he had been running normally, the first tackler (Sean Reidy) would have caught him right in the solar plexus, but Davies' head was low and Reidy was unfairly penalised. (At this point, I think it's best to ignore the second Ulster tackler, David Trimble, who came in with a swinging arm and deserved to be penalised, but wasn't!)

The situations are not, of course identical. Eddie Gaedell stood stock still, while Davies took a calculated risk by going low to get a try. However, the massively restricted target area offered to the pitcher/tackler was the same.

The Ulster defenders had no chance of making a legal tackle, so what were their options? It strikes me that they could have simply tried to stand in the path of Davies' intended dive.

I don't think that would be illegal, but the consequences of the attacker's head coming into contact with a knee or a hip bone doesn't sound too safe to me.

The US Baseball Commissioners had instant autocratic powers and acted immediately. Compared to them, rugby's lawmakers bring to mind the 'turning a supertanker' analogy, but something needs to be done urgently or else the Six Nations could be a farce!

FEMALE GOLFERS GOING FOR GOLD WITH CLOGAU!

WELSH lady golfers have some golden backing, with Clogau Gold becoming the first ever sponsors of the Welsh Ladies Team Championships.

It is the largest competition in Welsh golf with regional qualifying leading to national finals, with leading Welsh company Clogau getting involved for the first time though they have helped golf development in Wales and also sponsor Ladies European Tour pro Amy Boulden.

Newport won this year's Welsh Ladies Team Championships with 14-year-old Ffion Vineall sinking the winning putt at Wenvoe Castle golf club, as they defended the title in an all Monmouthshire final against St Pierre.

Golf Union of Wales championships manager, David Wilson, commented: "We are delighted that Clogau Gold have become the title sponsors of the Welsh Ladies Team Championships.

"Clogau will be involved in the sponsorship of the event and the prizes on offer, so I am sure the players will enjoy that and match our excitement that they are getting involved."

Teams enter three regional finals of the Welsh Ladies Team Championships, with the top 32 qualifying for the national finals, first round losers going into a Plate competition.

Sports sessions start for new year in Vale

A number of new sports sessions for young people will be starting in January.

Delivered by the Vale Council, in partnership with local voluntary organisations, the new sessions are part of the local authority's plan to get more young people than ever taking part in sport in 2017.

The first is a beginners' tennis programme for girls designed by Judy Murray, mother of tennis superstar Andy Murray.

Part of the council's 'Girls on the Move' campaign, 'Miss Hits' is aimed at girls aged five-eight years, with the sessions designed to ensure girls not only develop their tennis skills, but also have fun and make new friends.

The weekly one-hour sessions will take at Barry Leisure Centre. Starting from Tuesday, January 10, between 4pm-5pm, they will be delivered by Penny, of Barry Community Tennis Club.

Anyone wanting more information, or to book a space, should contact Penny on 07816 311263 or e-mail penny@valetennisacademy.co.uk.

The second is a new pre-school golf programme aimed at two-four year olds. Delivered in partnership with Cottrell Park Golf Club, as part of their Skratch programme, the sessions will be taking place over 6 weeks at The Hub, Barry YMCA.

They start on 12 January, and run Thursday mornings between 9.30am-10.30am.

Golfing toddlers will get the chance to develop their movement skills and hand-eye co-ordination through fun sessions - anyone wanting more information or to book a space should contact Gareth Bennett, golf professional, on 07980 656659.

To find out more about new sporting activities in the Vale, visit @Valesportsnews on Twitter and The Vale Sports & Play Development Team on Facebook.

Council team raises sports awareness

THE Vale of Glamorgan Council's sports and play development team has updated details of local sport and physical activity clubs in the area "...to show residents that there are plenty of options for those wishing to increase their fitness levels in 2017."

A sports club directory lists the 140 clubs available for people across a range of ages; see www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sports-Clubs.aspx.

The sports and play development team can also be called on 01446 704793.

Glamorgan CC confirm pre-season fixtures

GLAMORGAN have confirmed their 2017 pre-season programme with a visit to Taunton to play Somerset followed by home matches against Gloucestershire and Nottinghamshire.

The first pre-season match will see Jacques Rudolph's side travel to Taunton to play Somerset on Thursday, March 23 and Friday, March 24. The format of the match is yet to be decided.

Following the trip to Somerset, Glamorgan will host Gloucestershire in Cardiff on Monday, March 27, before the first-class season starts with a three-day fixture against Cardiff MCCU from Tuesday to Thursday (March 28-30) also at The SSE SWALEC.

Glamorgan will fine tune their preparations before embarking on the 2017 Specsavers County Championship campaign with a two-day match against Nottinghamshire at The SSE SWALEC on Sunday, April 2 and Monday, April 3.

Admission for all three matches in Cardiff is free of charge. Information about the start times for these pre-season games and their formats will appear in due course on the club website fixture list at www.glamorgancricket.com/fixtures.

Tim's Hereford humdinger!

ABERTHIN'S Tim Vaughan landed the Weatherbys Hamilton Handicap Chase at Hereford last Wednesday with the eight-year-old bay gelding *Lake Chapala*, who was ridden by Alan Johns.

Lake Chapala, a 6-1 chance, won by a length-and a-half lengths from *Free World*.

***NEW REPUBLIC* VICTORIOUS**

Evan Williams's *New Republic* made good use of his bottom weight of 10 stone in the opening Novices Handicap Hurdle at Wincanton last Saturday when finishing one-and-a-quarter lengths ahead of the top weighted *Lillington*, who was carrying a hefty 11st, 12lb.

Six-year-old *New Republic*, a 14-1 outsider, was ridden by stable jockey Paul Moloney.

BRIAN LEE

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Vale of Glamorgan Football League news round-up

THE Vale League kicked off 2017 in style with 84 goals scored in just 13 league games.

We start in Division Two as Barry Albion stunned league leaders Cadoxton Imps 2-1 with Kyle Day getting both Albion goals.

Despite a second half onslaught Imps couldn't find a way past Albion keeper Rob West and slumped to their second defeat in a row.

That result was good news for Barry Saints who comprehensively won 6-2 against St Athan B, the goals coming from Joe Matthews (2), David Evans (2), Arturs Zomerovskis and Drew Burniston.

The result puts Barry Saints one point behind Imps with the title race well and truly back on in Vale's third tier.

Elsewhere in the division Island Marine B played out a thrilling 5-5 draw with Penarth B, the result enough to move Marine B into fourth. In the battle of the bottom two Rhoose B came out 4-3 victors over FC Pumas B, the result leaves Pumas B seven points adrift at the bottom.

The Division One title race also took a twist as Barry Belgrade were beaten 2-0 by Sully. Belgrade are now three points behind leaders Barry Athletic B with a game in hand.

Fourth place SP Billy drew 2-2 with Dockers and Cogan kept the pressure on fourth with a 3-0 win over Cadoxton Barry with top six now separated by eight points.

In seventh place, Cadoxton Athletic got their first win after three games without a victory and in some style as they thrashed bottom side Glenbrook 7-1.

In the Premier Division league leaders Vale United played their first competitive game since the end of November, and picked up where they left off with a 6-0 win over bottom side Masons Moving Group. Jay Tominey, Matt Hobbs, Ryan Jenkins, Richard Evans, Dan Hanson and Tom Hopkins getting the goals.

Second place St Athan got back to winning ways after two without a victory, Saints dismantling Dinas Powys Athletic 8-1, Josh Morgan (3), Josh Harfoot (3) and a Karl Steel double keeping St Athan five points behind the leaders.

Cowbridge Town kept the pressure on in third place with a big 2-0 victory over fourth place Penarth Town to leapfrog them and go three points behind second.

Rhoose continued their resurgence with a fifth win on the bounce to go fifth as they put Tynewydd to the sword 7-0.

Finally, Island Marine produced a fine display to emphatically defeat neighbours Barry Athletic at the Athletic Ground 4-1, Zak Sanders, Taylor Harris, Brad Enticott and Jake Rogers getting the Marine goals to take bragging right in the Island derby.

This week it's a depleted league line-up as the provisional rounds of the divisional cups take place.

Cowbridge play Dinas Athletic and Penarth host Vale United in the historic ASRS Cup, while in the Supporters' Cup Cardiff Airport play Cadoxton Athletic, FC Pumas host Cogan and Barry Belgrade play Barry Athletic in the game of the day, and in the Dockers Cup St Athan B play Barry Saints.

If teams want their goalscorers included in this report, email hyweldark@hotmail.co.uk by the day after the game.

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Five wins out of five for a resurgent Cowbridge RFC

ANOTHER exciting victory for Cowbridge firsts as they took on Canton at the Athletic Field.

Matches are usually cagey affairs between these two teams and the first 20 minutes proved to be just that.

The game started at high speed and with plenty of hard tackling but lots of mistakes.

There were signs already that the Cowbridge pack had the upper hand over the bigger visitors.

The front row of Dai Breed, Craig Boxall and Sam Richards were already proving quite a handful.

Despite a great take against the head and plenty of lineout ball and on the 20th minute Canton took the lead with a penalty from the halfway line that went over off the crossbar.

The Canton lead was short lived. Almost from the kick a powerful forward drive led, inevitably, by Kieron David and carried on by back rowers Dan Holder and Joe Davies took play up to the 22.

The ball spun was out by scrum half Hywel Williams to fly half wizard Alex Guard who released centre James Phillips to slice through the Canton defence at score a fine try for full back Ben Wright to convert.

Within a couple of minutes another charge up the middle by David, taken on by captain Richie Howsen and second row Jack Anderson, gave Cowbridge the momentum as the ball spun across the backs.

Phillips again made a decisive break,releasing flanker Joe David to crash over for a second Cowbridge try. Wright converted superbly.

It was now Canton's turn while Cowbridge took a breather. A penalty to touch took them to the 22 and after battering the Cowbridge line, crashed over to reduce the Cowbridge lead to six points.

Cowbridge were soon back on the attack, running a penalty into the Canton and despite losing the ball, managed to regain it and following a forward rush outside half Guard sprinted through a gap to score a third Cowbridge try with a Wright conversion.

With seconds of the half left, Guard received the ball from another good scrum and chipped behind the Canton defence for centre James Phillips to scoop up the ball and dive over in the corner.

Another excellent conversion from Wright added the extras (and a bonus point) and at half time the score was Cowbridge 28, Canton 8.

At half-time hooker Craig Boxall moved to prop and Rhys Price came on at hooker for his first game since October.

Cowbridge were soon back on the scoreboard with a Wright penalty.

After Cowbridge's exertions of the first half Canton came back into the game with plenty of possession.

However as always the Cowbridge tackling was immense with the back row of Howsen, Holder and Davies tireless.

Cowbridge began to ring the changes with Alun John coming on for Sam Richards and versatile wing swapping with scrum half Hywel Williams.

Williams was later replaced by strong running wing Fraser McGhan and Rhod Walker replaced the tireless Dan Holder.

Despite some searching runs from wing Will Williams mistakes started to creep into the game by both sides the but excellent defensive kicking by Guard and Wright (as they did in the second half against Llantwit) kept Canton on the back foot.

Canton managed a second try, again rumbling over from a lineout, but Cowbridge always looked in control, the final score Cowbridge 31, Canton 13

So, up to fourth place with five wins out of the last five.

Again some lovely rugby was played by Cowbridge, especially in the first half, with backs and forwards combining to great effect.

This Saturday the visitors are second placed Penygraig, while the youth are also home against Rumney.

The following week we travel to table-toppers Cefn Coed and then it's Wattstown at home on January 28.

RV/RK

Cowbridge Darts League round-up

ON Tuesday, January 3, the darts season resumed after the Christmas and New Year break. A full programme of league matches was played.

Llanharry beat the Hairy Farmers 7-2, the Edmondes B beat the Victoria Inn 7-2, the Edmondes A beat the Six Bells Inn 5-4, the Farmers Arms beat the Red Lion 7-2, and the Highwayman Inn beat the Edmondes C 5-4.

A performance of note was Paul Butcher's (Edmondes B), with an 80 two-dart-out: two double 20s.

Present league standings, after 12 weeks, are: Edmondes B (77 points), Six Bells Inn (69), Highwayman Inn (67), Edmondes A (59), Llanharry (56), Edmondes C (55), Farmers Arms (51), Victoria Inn (48), Hairy Farmers (47) and Red Lion (11).

Next week (Tuesday, January 17) we will have another full programme of league matches.

The Edmondes B hosts the Farmers Arms, the Hairy Farmers hosts the Edmondes A, the Edmondes C hosts the Victoria Inn, Llanharry hosts the Highwayman Inn and the Six Bells Inn hosts the Red Lion.

All matches start at 8.15pm and spectators are always welcome. For further information e-mail Paul at cowbridgedarts@gmail.com, up-to-date information can be found on the website: www.darts.apsn.co.uk.

PJT

Cowbridge Town start the new year with a win

COWBRIDGE Town seniors started the second half of the season with a good win away to a well drilled Penarth Town in the Vale Of Glamorgan Premier league last Saturday.

The Cowbridge team was still affected by several injuries to key players including Craig Burrows, Jack Farrington, Tom Stirling and Tom Williams with a couple of other players unavailable due to work commitments.

The first half was well contested with Cowbridge creating the clearer chances through their front three players Luke Pinchbeck, Jack Gavin and Ryan Ashby, all three of whom had good chances to trouble the scorer.

Penarth continued to battle but did not really trouble Cowbridge during the first 45 minutes, leaving the score 0-0 at half-time.

Within two minutes of the second half starting Cowbridge broke the deadlock, starting with Ricci Burton throwing the ball out to Connor Benyon who passed down the line to Ryan Ashby who turned his marker and sped off towards the Penarth box.

Luke Pinchbeck backed up and sent a cross over for Jack Gavin to volley past the sprawling Penarth keeper. At 1-0 the Town started to keep the ball a little better and tried to play a more expansive game.

But the pitch and Penarth kept Cowbridge at bay and they had to work hard for their second goal. In the 55th minute it started down the right hand side and ended with man of the match Ryan Ashby running into the box and beating the goalkeeper at the near post.

Penarth then came back into the game and put pressure on the Cowbridge back four of Benyon, Tom Howells, Hans Kennedy and Mathew Little.

All four remained resolute in defence, despite some dubious free kick decisions towards the end of the game.

With 20 minutes to go the team formation was changed and an additional midfielder was put into the centre to help secure the two goal lead.

As the game drew to a conclusion it was obvious that the conditions had taken a lot out of all the players, but a special mention has to be made of the Cowbridge midfield Lloyd Lewis, James Kennedy and Sam Cooper who ran tirelessly for the cause and helped the Cowbridge defence immensely, with Ricci Burton his normal assured self in goal.

With 10 minutes to go Ryan Ashby, who had covered every inch of the pitch was taken off with a muscle strain, and replaced with Mike Gingell who managed to inject a little pace into the Cowbridge strikeforce for the remainder of the game.

After the game, manager Andy Pinchbeck said: "It was a good result, the lads did well considering it was their first game back after Christmas and the poor playing conditions.

"We need to keep winning to keep the pressure on the top sides, and be able to compete for honours at the end of the season."

Cowbridge Towns next game is at home to Dinas Powys in the League Cup, kick off 2pm at the Bear Field this Saturday (January 14) - come down and support your home town side!

AP

THE COWBRIDGE UNDER-14S START YEAR IN FINE FETTLE

PLAYING away to Dinas Powys on Sunday morning, Cowbridge under-14s recorded a comprehensive victory, with well-structured, fast paced competitive rugby.

The opening try was scored after five minutes by Iestyn Wallington flying down the wing. Iestyn is new to rugby but has exceptional speed, and is an exciting prospect for the game.

From the restart, Dinas gathered the ball but their attacker was felled by openside James Davies, who then fed the ball to Jack Reilly, who moved it swiftly to Carwyn Harris, who sped in to the corner to score.

Next it was Kofi Jones at full back, who sprinted 40 metres from the kick off, and despite a desperate cover tackle, scored close to the posts (Kofi had a second try soon after).

Iestyn Wallington was shortly in for his next try, taking an offload from Louis Decaux from the restart, and cutting a clean, 50 metre line to score under the posts – another excellent try.

Before long, David Avery scored a pick and go from five metres out after solid approach play by the pack. Luke Gregory converted from the touchline, with an excellent strike. Shortly after Luke was to score himself, again with a 30 metre strong burst through the tiring Dinas defence.

After half-time Charlie Locke was on the score sheet from outside half, bursting through a tackle, not held, and scampering over for a well-deserved try.

Dinas fought back strongly in the second half, but were struggling with some of their first choice regulars unavailable. It was a difficult morning for them in fairness.

Further tries followed from Ellisedd Greenwood (son of local poet Paul), Tom O'Connor and James Gilvear – Tom and James scoring from positions out wide on the wing.

This was a very successful start to 2017, and hopefully will continue throughout the rest of the season. Well done to the lads, and to joint 'men of the match', Iestyn Wallington and Tom O'Connor.

TD

Iestyn Wallington.

Louis Decaux.

James Gilvear.

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